



# SEPTEMBER STACKING

Winning the transition from Summer to Fall

Whether you're feeling stronger coming out of Summer, or you're in need of a recharge, this time of year is a good time to check in with yourself and invest in your health

## Recipe for a Health Challenge

### Ingredients:

- Length of time
- End goal
- Pre-test measures
- Action items
- Post-test measures

### Method:

1. Choose how long you want the challenge to last
2. Decide what you're after (e.g. weight loss, improved fitness, improved strength)
3. Choose a measurement to capture change (e.g. weight loss = "pants test").
4. Choose action items related to your goal (e.g. weight loss = no added sugar)
5. Decide how many action items you will add, and the pacing (e.g. add new after 3 days of consistency)
6. Start cooking! (Take "before" measures, complete action items, take "after" measures)

## SAMPLE RECIPES

## Evidence-Based Habits by Element



Exercise 30min/day



Drink ≥ 40oz water/day



Regular bedtime (≥6hrs sleep)

Exercise 60min/day

5 servings veggies/day

No screens ≥1hr before bed

10k steps/day

9 servings fruit + veggies/day

Be still 20min/day

Movement burst >1min/hr

≤1 purchased meal/day

Stretch 15min/day

25 flights of stairs/day

Eliminate all added sugars



### Goal: Weight Loss

- TESTS:**
- Weight
  - "Pants test" (waist circumference)

- ACTION ITEMS (HABITS):**
- 5 servings of veggies/day
  - Eliminate all added sugar
  - Have a regular bedtime
  - Traverse 10k steps per day

- PARAMETERS:**
- 30 days total
  - Add new habit after 7 days of consistency



### Goal: Improve Fitness

- TESTS:**
- 60 stairs for time
  - Traverse 1 mile for time

- ACTION ITEMS (HABITS):**
- 25 flights of stairs/day
  - Movement burst >1min/hr
  - ≤1 purchased meal/day
  - No screens ≤1hr before bed

- PARAMETERS:**
- 30 days total
  - Add new habit after 7 days of consistency



### Goal: Improve Strength

- TESTS:**
- Fire fighter metronome push-ups
  - 60-sec sit to stand

- ACTION ITEMS (HABITS):**
- Exercise 30min/day
  - Stretch 15min/day
  - ≥9 fruits + veggies/day
  - Drink 40oz water/day

- PARAMETERS:**
- 30 days total
  - Add new habit after 7 days of consistency

**Goal:** \_\_\_\_\_ **TEST(S):** \_\_\_\_\_ **ACTION ITEMS (HABITS):** \_\_\_\_\_

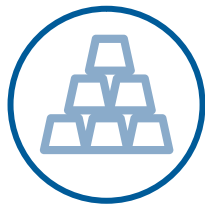
**PARAMETERS:**

Start date: \_\_\_\_\_ Pre-test (before): \_\_\_\_\_ \_\_\_\_\_

End date: \_\_\_\_\_ Midpoint (optional): \_\_\_\_\_ \_\_\_\_\_

Post-test (after): \_\_\_\_\_ \_\_\_\_\_





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## Evidence-Based Habits by Element



Exercise 30min/day	10k steps/day	Drink ≥ 40oz water/day	9 servings fruit + veggies/day	Regular bedtime (≥6hrs sleep)	Be still 20min/day
Exercise 60min/day	Movement burst >1min/hr	5 servings veggies/day	≤1 purchased meal/day	No screens ≥1hr before bed	Stretch 15min/day
25 flights of stairs/day		Eliminate all added sugars			

<b>Goal:</b> _____	<b>TEST(S):</b> _____	<b>ACTION ITEMS (HABITS):</b>
<b>PARAMETERS:</b>	Pre-test (before): _____	_____
Start date: _____	Midpoint (optional): _____	_____
End date: _____	Post-test (after): _____	_____

**Week 1 (habit):** \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

**Week 2 (habits):** \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	

**Week 3 (habits):** \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		

**Week 4 (habits):** \_\_\_\_\_

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					