



3-WEEK WEIGHT LOSS CHALLENGE

Presented by
HEALTHY HAPA CHICK

ABOUT THE CHALLENGE

This is a 3-Week Weight Loss Challenge put together by Kristina Schneider (aka [HEALTHY HAPA CHICK](#)). The intention of this challenge is to help provide others additional support, encouragement, accountability, and motivation for healthy weight loss. This is done through combining all of the habits necessary for healthy, sustainable weight loss—including a healthy diet, exercise, sleep, hydration, and developing a support system.

The 3-Week Weight Loss Challenge was adapted from the 8-Week 6 Sisters Weight Loss Challenge. Several of the components of the original 6 Sisters Challenge have been modified to become what it is today.

Challengers pay \$10 to participate and then track their starting and end weight, along with points earned for completing certain habits each day throughout the 3 weeks. At the conclusion of the Challenge, the cash pot is split between the Challenger with the greatest weight loss percentage and one lucky raffle winner among those who earn at least 90% of the total possible challenge points.

HOW TO JOIN

The Challenges are done through [Private Facebook Group](#), so it is required that you have a Facebook account and that you participate in the Facebook group. All announcements and communications are done through the Facebook group. The dates of these challenges vary, so find out when the next Challenge starts by going to the [Private Facebook Group](#). If you would like to join the next challenge, follow these 3 simple steps:

1. Send a message to Kristina Schneider via [Facebook](#) or [e-mail](#)
2. Submit your \$10 payment via PayPal at <http://paypal.me/healthyhapachick/>
(Chase QuickPay and Venmo payments are also accepted. Please contact Kristina for more details about alternative payment methods.)
3. Request to be added to our [Private Facebook Group](#) for the Challenge
(NOTE: Your request to be added will not be accepted until Steps 1 and 2 have been completed)

Once your participation in the next Challenge has been confirmed and you have been added to our Private Facebook Group, you will be provided the Weekly Charts.

THE RULES

Below are the official Rules of The 3-Week Weight Loss Challenge (as of March 30, 2017).

INITIAL WEIGH-IN

On the first day of the Challenge, all Challengers will be required to submit photo proof of initial weight. Challengers will be given a word or phrase to write down on a piece of paper and take a photo of his or her feet on the scale, with the note visible (as shown in the sample photo to the right). The word or phrase will be posted in the Private Facebook Group by 6pm Pacific Time the day before the Challenge starts. Challengers should send initial weigh-in photos to Kristina Schneider (or the designated person collecting data) via Facebook Messenger. Challengers are never required to disclose or share their weight with others in the



NOTE: "Carrot" is NOT the weigh-in word.

Challenge. The deadline to submit initial weigh-in photos is 11:59pm Pacific Time on the Friday after the Challenge starts. All Challengers must use the same scale for initial and final weigh-in. Any discrepancies in scales used for initial and final weigh-in will disqualify a Challenger from the Challenge.

WEEKLY CHARTS

All Challengers will track points earned each day for completing the following behaviors on Weekly Charts provided. These Charts will be completed and submitted to Kristina Schneider (or the designated person collecting data) via Facebook Messenger at the conclusion of each week.

HOW TO EARN CHALLENGE POINTS

Challenge Points are earned by completing the following habits each day. There are different points awarded for certain behaviors and maximum amounts of days points can be earned each week for certain behaviors.

- **Post Daily in Private Facebook Group** – Earn **5 points** just for checking in with fellow Challengers in the Private Facebook Group. It can be a simple check-in, a sweaty selfie after workout, a picture of meals, a motivational quote or funny meme. NOTE: Responding/commenting on others Challengers' posts, while encouraged, does not count towards your daily "post" or "check-in" for the Challenge.
- **Hydrate!** – Earn **5 points** for drinking at least 64oz of water each day. Water can also include things such as tea, sparkling water, and flavor-enhanced water.
- **Catch Some Zzz's** – Earn **5 points** per day for getting 6 or more hours of sleep in each day. If you can get 6 to 8 (or more) hours all 7 days, that's great! However, Challengers will only be awarded for getting in enough sleep for up to 5 days a week.
- **Avoid Late-Night Eating** – Earn **5 points** per day for avoiding eating after 9pm (or 23 hours prior to bedtime). If you work graveyard or have some other kind of restriction that requires this rule to be adjusted throughout the Challenge, please contact Kristina Schneider directly.
- **Eat the Rainbow!** – It is recommended to consume 1 ½ to 2 cups of fruit each day. For this Challenge, Challengers will be awarded **5 points** per day for getting in 3 servings of fruit each day. Each serving is ½ a cup.
- **What's Up Doc?** – Like fruit, vegetable consumption also makes for a very healthy and well-balanced diet. It is recommended to consume 2 to 2 ½ cups of vegetables each day. For this Challenge, Challengers will be awarded **5 points** per day for getting in 2 servings of vegetables each day. Each serving is 1 cup, with the exception of leafy greens, which requires 2 cups for one serving.
- **If You Bite It, Write It!** – Earn **5 points** per day for journaling your food. If you are familiar with WeightWatchers, then you already have resources for tracking and journaling your food. You can also use your own food journal or look into apps such as MyFitnessPal or FitBit.
- **Limit the Sweet Treats!** – For the purpose of this Challenge, "sweet treats" are defined as anything that are typically considered to be desserts or a "treat" (this typically includes sweets such as candy, ice cream, frozen yogurt, popsicles, frozen/blended sweet drinks).

While it is encouraged to limit all forms of sugar for maximum weight loss results, “sweet treats” during this Challenge do not include such things as protein/energy bars, soda, granola bars, nut butters, or water enhancers.

Challengers will be given the option to choose from one of the following options (and can mix the options up however necessary):

- OPTION #1: **NO SWEET TREATS** (no caloric maximum) – **5 points** per day with no maximum number of days to earn points (however, 2 days or 10 points will not count towards the total possible points in the challenge).
- OPTION #2: CONSUME 700 CALORIES OR LESS OF SWEET TREATS for the week – **35 points** for the week.

If a Challenger chooses Option #2 and eats *over* 700 calories of sweet treats, he or she may revert back to Option #1 and count daily points accordingly. This allows Challengers the flexibility to figure out what works best.

- ♥ **Get Moving!** – Activity is important! Challengers can earn **5 points** for getting in 30 minutes of exercise. Activity does not have to be 30 consecutive minutes. So, if you’re having a busy day, try to find a way to get two or three 15-minute sessions in. 30 minutes is only 2% of the entire day (just 2%!), so find a way to fit it in some activity somewhere. While Challengers can exercise all 7 days of the week, points will only be awarded points for exercising up to 5 days a week. **If you get in an additional 30 minutes of activity (60 minutes total), you can earn a bonus 5 points.** These bonus points do not count towards the total possible points for the challenge and are a great way to make up any points that you may not earn doing other habits.
- ♥ **Weekly Weight Loss** – Previously, weight loss points were awarded based on how many pounds you lost. However, since we all have a different amount to lose, Challengers will be awarded **20 points** for any kind of weight loss at all (doesn’t matter if it’s 5lbs or 0.5 of a pound).

SEND IN YOUR WEEKLY CHARTS

At the end of each week, Challengers will add up all of the points earned for the week ([view sample](#)). **PLEASE DOUBLE, TRIPLE, QUADRUPLE CHECK YOUR MATH!!!** Challengers should send a photo (or scan) copy of his or her completed Weekly Charts (no photo of your weigh-in is required for the end of Weeks #1 and #2) and send to Kristina Schneider (or the designated person collecting data) via Facebook Messenger by no later than 11:59pm Pacific Time (12:59am Mountain Time, 1:59am Central Time, or 2:59am Eastern Time) each Saturday.

Points will not be accepted after 11:59pm Pacific Time on Saturday. This is a HARD DEADLINE. No exceptions. It is your responsibility to get the points in on time! Keep in mind, you are required to submit Weekly Charts each week to be eligible to win the Challenge.

FINAL WEIGH-IN

On the final day of the Challenge, all Challengers will be required to submit photo proof of final weight. Like the initial weigh-in, Challengers will be given a (new/different) word or phrase to write down on a piece of paper and take a photo of his or her feet on the scale, with the note visible (as shown in the sample photo to the right). The word or phrase will be posted in the Private Facebook Group by 6pm

Pacific Time the day before the last day of the Challenge. Challengers should send final weigh-in photos and completed Week #3 charts to Kristina Schneider (or the designated person collecting data) via Facebook Messenger. The deadline to submit final weigh-in photos is 11:59pm Pacific Time on the final Saturday of the Challenge.

NOTE: As a reminder, all Challengers must use the same scale for initial and final weigh-in. Any discrepancies in scales used for initial and final weigh-in will automatically disqualify a Challenger from the Challenge.

HOW TO WIN THE CHALLENGE

All Challengers who have submitted completed Weekly Charts each of the three weeks of the Challenge will qualify to win the Challenge. At the conclusion of the 3 weeks, all of the cash collected for the Challenge will be split between the following two winners (which can also be the same Challenger):

1. **GREATEST WEIGHT LOSS PERCENTAGE.** To keep the Challenge fair, we look at weight loss percentage, not pounds lost. Weight loss percentage is calculated by the total pounds lost at the conclusion of the 3 weeks divided by the initial starting weight. In the unlikely event of a tie, the Challenger with the greatest amount of Challenge Points will be chosen as the winner.
2. **RANDOM RAFFLE DRAWING AMONGST CHALLENGERS WITH 90% OR MORE OF THE TOTAL POSSIBLE CHALLENGE POINTS.** In an effort to discourage Challengers from engaging in all-or-nothing type of thinking and behavior, we have created the 90% Rule. All Challengers who earn 90% or more of the total possible points (as indicated on the charts) throughout the 3 weeks will automatically be entered into a raffle drawing!

The raffle drawing and the winners will be announced in a Facebook Live session done by Kristina Schneider in the Private Facebook Group a few days following the conclusion of the Challenge.

HAVE QUESTIONS?

If you have any questions, please do not hesitate to contact Kristina Schneider directly:

- On Facebook: <http://www.facebook.com/healthyhapachick>
- By E-mail: healthyhapachick@gmail.com

