



Why Weight?

Start Building Healthier Habits Now!

A SIX-WEEK WELLBEING CHALLENGE

Why Weight? Start building healthier habits now!

Description: This six-week challenge is designed to support healthy weight loss through realistic and sustainable lifestyle changes. It emphasizes the importance of commitment, consistent healthy eating patterns, regular physical activity, and stress management. Each week offers tips on various dimensions of wellbeing to help participants develop habits to achieve and maintain a healthy weight, improving blood pressure, lowering cholesterol, and reducing the risks of heart disease and diabetes.

Challenge Goal & Tracking: The goal is to engage in weekly activities, meeting the specific challenge for each week (Monday - Sunday). Each week will focus on key area of wellbeing to help create healthier habits. Log and track goals by the end of each week.

Steps to Enroll (*Included in enrollment messages)

To register:

- Visit the [mobile app](#) or [web-based portal](#).
- On the **Today** screen, locate and click on the **Why Weight?** banner
- Click **Enroll** to begin the challenge

Tracking Instructions (*Included in all weekly messages)

This challenge spans six weeks, with each week focusing on a specific area of wellbeing. Participants will track a different activity each week, with detailed tracking instructions provided after each weekly message in this overview. The journey unfolds as follows:

Week 1: Better Goal Setting

Week 2: Better Nutrition

Week 3: Better Energy & Mobility

Week 4: Better Sleep

Week 5: Better Balance

Week 6: Better Confidence

Notice of Challenge Requirements (*Included in all messages)

Complete the challenge goal and log the required activity in the inHealth Wellbeing app or web portal by [date/time] for all six weeks to [earn/qualify for] [insert reward or incentive].



Introduction/Enrollment Message

Achieving healthy weight loss requires time, consistency, balance, and commitment. This six-week challenge focuses on building sustainable habits that support your weight loss goals.

Each week targets a key area, offering tips to help you improve overall wellbeing. Benefits include:

- Improved blood pressure
- Lower cholesterol
- Reduced risk of heart disease
- Reduced risk of diabetes

By the end of this challenge, you'll not only shed a few pounds, you will gain:

- Better Goal Setting
- Better Nutrition
- Better Energy & Mobility
- Better Sleep
- Better Balance
- Better Confidence

Focusing on your overall health and adopting healthy behaviors could be the most important investment of your life. Start by setting small, realistic goals at the beginning of each week and **STAY THE COURSE** to get satisfying results!

****Before you begin exploring any lifestyle changes, consult with your primary care physician about what works best for you.***

Ready to get started? Let's go!



Week 1 Better Goal Setting

Welcome to Week 1 of the **Why Weight** challenge!

Start strong by setting realistic weight loss goals. A clear vision, broken down into achievable steps, sets the foundation for success.

Tips for Success:

- Be Specific: Aim for 1-2 pounds per week.
- Focus on Behavior: Prioritize sustainable habits like eating more fruits and veggies.
- Set Short-Term Goals: Break it down—5 pounds in a month.
- Track Progress: Use a food diary or app to stay motivated.
- Adjust as Needed: If progress stalls, tweak your routine.
- Celebrate Wins: Reward yourself for milestones.

Call to Action: This week, log at least two entries in the inHealth app or portal Wellbeing Journal. Start today with your weight loss goal and the "why" driving you. Later in the week, revisit your journal to reflect on your progress and identify any adjustments needed for a healthier lifestyle. Keep in mind, this journey is about steady progress, not perfection. Stay focused and celebrate every step forward!

Button: [Learn More](#) About Setting Goals to Lose Weight

Track Your Progress

- Access the [mobile app](#) or [web-based portal](#).
- Select **Health Tracking** and click on the **Wellbeing Journal** icon.
- Enter your journal entry date.
- Type your journal entry in the provided space.
- Click **Add** to save your entry.



Week 2 Better Nutrition

Welcome to Week 2!

This week, focus on mindful eating to develop a positive relationship with food and improve your nutrition.

Tips for Mindful Eating:

- Slow Down: Chew thoroughly to savor your food.
- Focus on Senses: Pay attention to taste, texture, and smell.
- Avoid Distractions: Eat without TV or phone distractions.
- Listen to Your Body: Stop when satisfied, not when the plate is empty.
- Be Non-Judgmental: Focus on positive food choices.

Call to Action: Focus on whole, nutrient-dense foods. Track your food intake five days this week in the Vegetable/Fruit tracking section in the inHealth app or portal, ensuring you're eating five fruits and vegetables each day.

Button: [Smart Food Choices](#)

Don't forget to stay hydrated! Drinking is not only good for you, it helps you avoid the extra calories in sugary drinks such as soda and juice.

Button: [Common Myths About Nutrition](#)

Track activity in the app:

- Click on **Health Tracking** from the main menu on the inHealth Wellbeing [mobile app](#) or [web-based portal](#).
- Click on the **Tracker** menu to the right of your screen
- Select **Vegetable/Fruit**
- Click the plus icon
- Enter the date you are tracking
- Enter your data (You may update your log daily)
- Click **Add**



Week 3 Better Energy & Mobility

Welcome to Week 3!

Boost your energy and mobility with a regular physical activity routine that strengthens your body and lifts your mood.

Tips for Staying Active:

- Set Realistic Goals: Start small and gradually increase.
- Choose What You Enjoy: Pick activities you like.
- Mix It Up: Vary your routine with different exercises.
- Schedule It: Make exercise a regular part of your day.
- Listen to Your Body: Rest when needed.

Call to Action: Start with low-intensity activities and gradually increase intensity. Create a goal to exercise at least 30 minutes per day, five days this week. Track your progress each day in the Activities tracking section in the inHealth app or portal.

[Button]: Here are some [simple workouts](#) to help you get started! (Video)

**Before you begin exploring any lifestyle changes, consult with your primary care physician about what works best for you.*

Track activity in the app:

- Click on **Health Tracking** from the main menu on the inHealth [mobile app](#) or [web-based portal](#).
- Click on the **Tracker** menu to the right of your screen
- Select **Activity**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your data (You may update your log daily).
- Click **Add**.



Week 4 Better Sleep

Welcome to Week 4!

Good sleep is crucial for your weight loss journey and overall well-being. This week, focus on creating a healthy sleep routine.

Tips for Better Sleep:

- Stick to a Schedule: Go to bed and wake up at the same time daily.
- Create a Relaxing Routine: Wind down with calming activities.
- Make Your Environment Comfortable: Ensure a cool, dark, quiet room.
- Limit Screen Time: Avoid screens an hour before bed.
- Avoid Stimulants: Skip caffeine and alcohol before bed.

Call to Action: Aim for 7-9 hours of sound sleep at least five nights this week. Track the number of hours slept each night in the Sleep tracking section in the inHealth app or portal.

Button: [Printable Tips](#) for Getting a Good Night's Rest

Track activity in the app:

- Click on **Health Tracking** from the main menu on the [mobile app](#) or [web-based portal](#).
- Click on the **Tracker** menu to the right of your screen.
- Select **Sleep Tracker**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your hours of sleep (You may update your log daily).
- Click **Add**.



Week 5 Better Balance

Welcome to Week 5!

Achieving a work-life balance is essential to maintaining your health and reaching your weight loss goals.

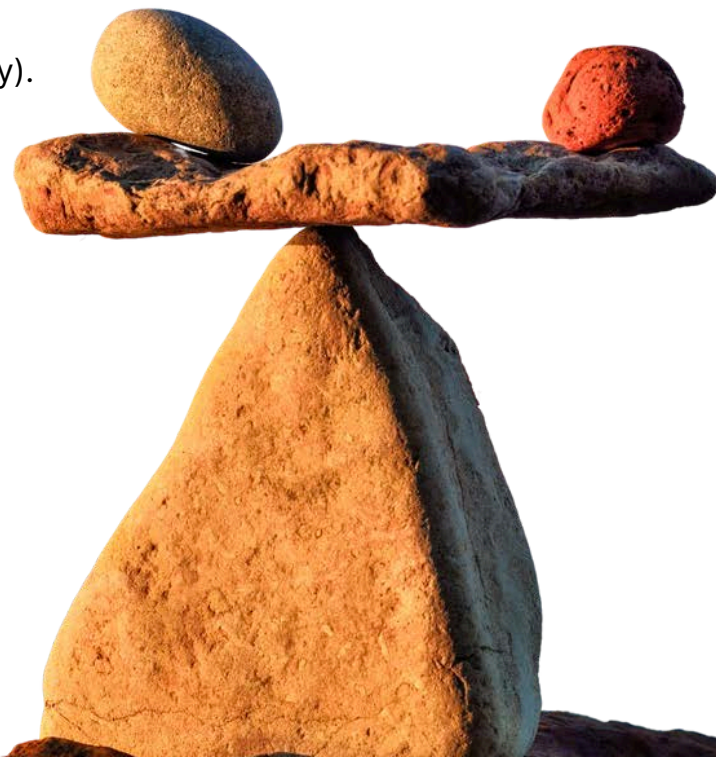
Tips for Better Balance:

- Set Boundaries: Keep work and personal time separate.
- Prioritize Self-Care: Make time for activities that reduce stress.
- Learn to Say No: Avoid overcommitting to reduce stress.
- Take Breaks: Regular breaks boost productivity and wellbeing.
- Unplug: Disconnect from technology to recharge.

Call to Action: This week, commit to taking control of your time. Each day from Monday to Friday, make an entry in the Wellbeing Journal on the inHealth app or portal, tracking how you spend your hours and pinpointing where work and personal life overlap. Adjust your schedule to prioritize self-care and relaxation. By the end of the week, review your entries, reflect on the changes you've made, and note your progress. Prioritize what truly matters and see how your work-life balance improves.

Track activity in the app:

- Click on **Health Tracking** from the main menu on the [mobile app](#) or [web-based portal](#).
- Click on the **Tracker** menu to the right of your screen.
- Select **Wellbeing Journal**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your data (You may update your log daily).
- Click **Add**.



Week 6: Better Confidence—Maintain Motivation!

Welcome to Week 6!

Finish strong by building confidence, which is key to staying motivated on your weight loss journey.

Tips for Building Confidence:

- Celebrate Successes: Reward yourself for milestones.
- Surround Yourself with Support: Find a support group or accountability partner.
- Focus on the Positive: Emphasize the health benefits of your progress.
- Challenge Negative Thoughts: Replace them with positive affirmations.
- Keep Things Interesting: Mix up your routine to avoid boredom.

Call to Action: Dedicate 15 minutes each day this week to reflect on your progress. Use the Wellbeing Journal tracking section of the inHealth app or portal to make a daily entry from Monday to Friday. Focus on your achievements, challenges, and any adjustments you need to make. By the end of the week, you'll have five entries that capture your journey towards better balance and wellbeing.

Track activity in the app:

- Click on **Health Tracking** from the main menu on the [mobile app](#) or [web-based portal](#).
- Click on the **Tracker** menu to the right of your screen.
- Select **Wellbeing Journal**.
- Click the plus icon.
- Enter the date you are tracking.
- Enter your data (You may update your log daily).
- Click **Add**.

Final Message:

[Optional and Client-specific. Can be used to announce winners or provide information/instructions regarding rewards, etc. Client must provide specific desired content via Help Ticket]

