

EARNED RUNS 2018 FALL CHALLENGE III: HOUSE CUP

My PERSONAL Earned Runs™ HOUSE CUP POINTS and RULES

5 POUNDS in dimes = 1000 dimes or \$100 (1 pound = 200 dimes; ½ pound = 100 dimes)

The AIM is to acquire habits to that will add muscle and bone strength without gaining fat weight; roughly 'replace' 5 pounds of fat with 5 pounds muscle/bone tissue. There's no scientific proof that I am able to do this but conceptually I'll 'move' 5 pounds of dimes into the House Cup to track my progress toward this goal.

Reward for MEETING MY GOAL = spending the \$100 on new shoes or gear!!!

Schedule September 6 to November 22 (11 weeks; ~ 77 days)

1/2 pound/week x 10 weeks (1-week wiggle room) = 5 pounds of dimes

GOAL will be to move about ½ pound of dimes each week (100 dimes) into the House Cup!

Daily: must move about 14-15 dimes into the HOUSE CUP to achieve goal

***NOTE: Not every task must be completed each day to meet my daily goal, but it will be difficult if points must be subtracted for habits that I'm trying to lose.**

DIMES (POINTS):	+ /(-)
3 high protein meals each day (2 should be dairy), each	+1
High protein/low carb snack, afternoon (before 6pm)	+1
Pre-sleep casein protein meal (by 10 pm)	+1
SKIPPING a meal/snack	- 2
2 cups fruit and 2.5 cups vegetables/day	+1
5 glasses ice water (with each meal/snack)	+1
Dietary Indiscretion (my secret!), each	- 3
Stretches & mobility routine (15 minutes)	+1
Balance routine (10 minutes)	+2
Foam rollout (10-15 minutes)	+1
Strength upper or lower body, no weights	+3
Strength upper or lower body, with weights	+3
Housework/cleaning >1 hour	+1
Aerobic walking/running 45 minutes	+1
Interval walking/running 30 minutes	+2
Swimming or cycling intervals, 30-40 minutes	+2
Workout done before 8am	+2
Sitting > 45 minutes continuously (no 'get-up & move')	
- Morning, Afternoon, Evening, each	- 1
Sleep ~ 7.5 hours: to bed ~ 10:00pm weekdays	+1
Sleep: < 7 hours,	- 2
Make bed upon waking	+1

<http://healthyeating.sfgate.com/usda-fruit-vegetable-recommendations-9339.html>

<https://sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>

