

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Weight Maintenance Log

(Remember to weigh yourself the same time and day each week.)

Starting Weight:		
	Weight	Comments and Tips for Next Week:
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Ending Weight:		

Remember: While it is important to monitor your weight in order to maintain it, weight is not the only indicator of health and fitness. Don't get too caught up in what the numbers say. Instead, focus on eating smart and moving more, the keys to a healthy lifestyle.