

Holiday Challenge Log: Week

| | Food Intake | | Physical Activity |
|-----------------------|-------------|------------------------|-----------------------|
| M O N | Breakfast: | Snacks: | Activities: |
| | Lunch: | Beverages: | |
| | Dinner: | Daily Calories: | Daily Minutes: |
| T U E S | Breakfast: | Snacks: | Activities: |
| | Lunch: | Beverages: | |
| | Dinner: | Daily Calories: | Daily Minutes: |
| W E D | Breakfast: | Snacks: | Activities: |
| | Lunch: | Beverages: | |
| | Dinner: | Daily Calories: | Daily Minutes: |
| T H U R S | Breakfast: | Snacks: | Activities: |
| | Lunch: | Beverages: | |
| | Dinner: | Daily Calories: | Daily Minutes: |
| F R I | Breakfast: | Snacks: | Activities: |
| | Lunch: | Beverages: | |
| | Dinner: | Daily Calories: | Daily Minutes: |
| S A T | Breakfast: | Snacks: | Activities: |
| | Lunch: | Beverages: | |
| | Dinner: | Daily Calories: | Daily Minutes: |
| S U N | Breakfast: | Snacks: | Activities: |
| | Lunch: | Beverages: | |
| | Dinner: | Daily Calories: | Daily Minutes: |

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

Weight: _____ **Total Minutes:** _____



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