

Holiday Challenge Log: Week

		Food Intake	Physical Activity			Food Intake	Physical Activity
M O N	Breakfast:	Snacks:	Activities:	F R I	Breakfast:	Snacks:	Activities:
	Lunch:	Beverages:			Lunch:	Beverages:	
	Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:
T U E S	Breakfast:	Snacks:	Activities:	S A T	Breakfast:	Snacks:	Activities:
	Lunch:	Beverages:			Lunch:	Beverages:	
	Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:
W E D	Breakfast:	Snacks:	Activities:	S U N	Breakfast:	Snacks:	Activities:
	Lunch:	Beverages:			Lunch:	Beverages:	
	Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:
T H U R S	Breakfast:	Snacks:	Activities:	W E E K L Y	Weight: _____		Total Minutes: _____
	Lunch:	Beverages:			Notes:		
	Dinner:	Daily Calories:	Daily Minutes:				



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		Food Intake		Physical Activity				Food Intake		Physical Activity	
M O N	Breakfast:	Snacks:	Activities:	F R I	Breakfast:	Snacks:	Activities:	F R I	Breakfast:	Snacks:	Activities:
	Lunch:	Beverages:			Lunch:	Beverages:			Lunch:	Beverages:	
	Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:
T U E S	Breakfast:	Snacks:	Activities:	S A T	Breakfast:	Snacks:	Activities:	S A T	Breakfast:	Snacks:	Activities:
	Lunch:	Beverages:			Lunch:	Beverages:			Lunch:	Beverages:	
	Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:
W E D	Breakfast:	Snacks:	Activities:	S U N	Breakfast:	Snacks:	Activities:	S U N	Breakfast:	Snacks:	Activities:
	Lunch:	Beverages:			Lunch:	Beverages:			Lunch:	Beverages:	
	Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:
T H U R S	Breakfast:	Snacks:	Activities:	W E E K L Y	Weight: _____		Total Minutes: _____				
	Lunch:	Beverages:			Notes:						
	Dinner:	Daily Calories:	Daily Minutes:								

