Holiday Challenge Log: Week#

		Food Intake	Physical Activity		Food Intake	Physical Activity				
	Breakfast:	Snacks:	Activities:	Breakfast:	Snacks:	Activities:				
M 0	Lunch:	Beverages:		F Lunch:	Beverages:					
N	Dinner:	Daily Calories:	Daily Minutes:	Dinner:	Daily Calories:	Daily Minutes:				
	Breakfast:	Snacks:	Activities:	Breakfast:	Snacks:	Activities:				
T U E	Lunch:	Beverages:		S Lunch:	Beverages:					
S	Dinner:	Daily Calories:	Daily Minutes:	Dinner:	Daily Calories:	Daily Minutes:				
	Breakfast:	Snacks:	Activities:	Breakfast:	Snacks:	Activities:				
W E D	Lunch:	Beverages:		S Lunch:	Beverages:					
Ь	Dinner:	Daily Calories:	Daily Minutes:	N Dinner:	Daily Calories:	Daily Minutes:				
т	Breakfast:	Snacks:	Activities:	W Weight:	Total Minute					
H U	Lunch:	Beverages:		E Weight: E Notes:	Total Minute	s:				
R S	Dinner:	Daily Calories:	Daily Minutes:	L Y	Mair	Eat Smart, Move More Maintain, don't gain!				
					Challenge					

Holiday Challenge Log: Week#

		Food Intake	Physical Activity			Food Intake	Physical Activity	
	Breakfast:	Snacks:	Activities:		Breakfast:	Snacks:	Activities:	
м О N	Lunch:	Beverages:		F R	Lunch:	Beverages:		
N	Dinner:	Daily Calories:	Daily Minutes:	İ	Dinner:	Daily Calories:	Daily Minutes:	
	Breakfast:	Snacks:	Activities:		Breakfast:	Snacks:	Activities:	
T U E	Lunch:	Beverages:		S A T	Lunch:	Beverages:		
S	Dinner:	Daily Calories:	Daily Minutes:		Dinner:	Daily Calories:	Daily Minutes:	
	Breakfast:	Snacks:	Activities:		Breakfast:	Snacks:	Activities:	
W E D	Lunch:	Beverages:		S U N	Lunch:	Beverages:		
	Dinner:	Daily Calories:	Daily Minutes:	14	Dinner:	Daily Calories:	Daily Minutes:	
т	Breakfast:	Snacks:	Activities:	w	NA/a: -b-t-	Tatal Minut	Total Minutes:	
H U	Lunch:	Beverages:		E E K	Weight:	Total Minut	es:	
R S	Dinner:	Daily Calories:	Daily Minutes:	L Y	Eat Smart, Move More Maintain, don't gain!			
						C	LIDAY hallenge	