## Holiday Challenge Log: Week #

	Food Intake		Physical Activity
	Breakfast:	Snacks:	Activities:
M O	Lunch:	Beverages:	
Ν	Dinner:	Daily Calories:	Daily Minutes:
т	Breakfast:	Snacks:	Activities:
U E	Lunch:	Beverages:	
S	Dinner:	Daily Calories:	Daily Minutes:
	Breakfast:	Snacks:	Activities:
W E	Lunch:	Beverages:	
D	Dinner:	Daily Calories:	Daily Minutes:
т	Breakfast:	Snacks:	Activities:
H U	Lunch:	Beverages:	
R S	Dinner:	Daily Calories:	Daily Minutes:
	Breakfast:	Snacks:	Activities:
F R	Lunch:	Beverages:	
I	Dinner:	Daily Calories:	Daily Minutes:
	Breakfast:	Snacks:	Activities:
S A	Lunch:	Beverages:	
т	Dinner:	Daily Calories:	Daily Minutes:
	Breakfast:	Snacks:	Activities:
s U	Lunch:	Beverages:	
Ν	Dinner:	Daily Calories:	Daily Minutes:

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



Weight: \_\_\_\_\_ Total Minutes: \_\_\_\_\_

## Holiday Challenge Log: Week #

	Food Intake		Physical Activity
	Breakfast:	Snacks:	Activities:
M O	Lunch:	Beverages:	
Ν	Dinner:	Daily Calories:	Daily Minutes:
_	Breakfast:	Snacks:	Activities:
T U E	Lunch:	Beverages:	
S	Dinner:	Daily Calories:	Daily Minutes:
	Breakfast:	Snacks:	Activities:
W E	Lunch:	Beverages:	
D	Dinner:	Daily Calories:	Daily Minutes:
т	Breakfast:	Snacks:	Activities:
H U	Lunch:	Beverages:	
R S	Dinner:	Daily Calories:	Daily Minutes:
	Breakfast:	Snacks:	Activities:
F R	Lunch:	Beverages:	
I	Dinner:	Daily Calories:	Daily Minutes:
	Breakfast:	Snacks:	Activities:
S A	Lunch:	Beverages:	
т	Dinner:	Daily Calories:	Daily Minutes:
	Breakfast:	Snacks:	Activities:
s U	Lunch:	Beverages:	
Ν	Dinner:	Daily Calories:	Daily Minutes:

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

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**\*LIDAY** Challenge Weight: \_\_\_\_\_ Total Minutes: \_\_\_\_