

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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