

Maintain, Don't Gain

HOLIDAY CHALLENGE 2015

Initial Weigh-In:
(November 30, 2015)

Challenge of the Week		Challenge Completed							Weekly Challenge Completed
Week 1: 11/30 – 12/7 12/7 weigh-in:	Get 5 x 30-minute sessions of sustained activity. This can be walking, running (inside or outside), dancing, heavy-duty house work, anything that gets your heart rate up for at least 30 minutes. Get a head start and mark your workout days at the beginning of the week.	M	T	W	Th	F	Sa	Su	
Week 2: 12/8 – 12/14 12/14 weigh-in:	Shoot for 8 servings of fruit/veggies every day this week. One serving size is defined as: fruit (1 med pc or ½ c cut), veggies (½ c cut), leafy greens (1 c ~ 4 leaves), cooked leafy greens (½ c), dried fruit (¼ c), dry	M	T	W	Th	F	Sa	Su	
Week 3: 12/15 – 12/21 12/21 weigh-in:	Abstain from eating your favorite indulgent fatty food for 6 days this week. It can be chocolate, cheese, cookies...just pick your weakness and conquer it! <i>Except on my cheat day, I won't eat:</i> _____	M	T	W	Th	F	Sa	Su	Choose your cheat day at the beginning of the week
Week 4: 12/22 – 12/28 12/28 weigh-in:	Drink no more than 10 alcoholic drinks for the entire week. (Mark how many you have in a day). 1 drink = 1 beer, 6 oz wine, or 1 oz liquor.	M	T	W	Th	F	Sa	Su	Total drinks this week:
Week 5: 12/29 – 1/4/16 12/30 weigh-in:	Drink at least 64 oz of water each day this week. AND get 5 x 30-minute sessions of sustained activity. Schedule exercise like an appointment and stick to it.	M	T	W	Th	F	Sa	Su	
		WATER	WATER	WATER	WATER	WATER	WATER	WATER	
		EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	
Week 6: 1/5 – 1/11 1/11 weigh-in:	Whew! What a holiday season. You've made it through with your sanity and your waistline intact. Finish off the challenge by choosing 2 challenges that will make YOU feel great. Challenge 1: _____ Challenge 2: _____	M	T	W	Th	F	Sa	Su	

Final Weigh-In:
(January 11, 2016)

Additional challenge ideas:

- Walk at least 30 minutes/day
- Complete 3 x 15-minute resistance-training sessions this week
- Do 30 each daily: push-ups, squats, sit-ups

My reward for completing the challenge is:

I want to complete the challenge because:

How it works:

- Weigh-in Monday morning each week
- Final weigh-in is Monday, 1/11
- Do this for yourself. You deserve the gift of good health! Choose a reward you're willing to work for.
- Earn your reward by maintaining your weight for the 6-week period AND completing your weekly challenges.