

2021 Maintain Don't Gain Holiday Challenge

My Healthy Habits Tracker

Participant Name:

Week 1 Starting Weight (maintain goal):

Be a 'Zero Pounder' with Health Yourself this holiday season Week of 6

This Week's Ending Weight:

Watch for smartsheet link in weekly emails to return your logs.

My Habits: Answer Yes or No in each section	I was a fruits and veggies rockstar, eating F&V throughout the day	I was a whole food hero and ate mostly unpackaged, minimally processed foods	I was a calorie cruncher- minimizing extra calories (snacks, drinks, desserts)	I was a water warrior and drank enough water today (see tip sheet for how much)	I was an active athlete- getting at least 30 minutes of physical activity	I was a star sleeper and made time for 7-9 hours of restful sleep
Monday	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No
Tuesday	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No
Wednesday	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No
Thursday	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No
Friday	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No
Saturday	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No
Sunday	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No