2025 Healthy for the Holidays Challenge







Week of 6

Participant Name:

Watch for the upload link in weekly emails to return your logs.

My Daily Habits:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I was a water warrior I drank enough water today (see tip sheet for how much)	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No	□No
I was a produce powerhouse I ate veggies and fruit throughout the day	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No	□No
I was a mindful muncher I snacked mindfully, tasting each bite	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No	□No
I was a conscious connector I intentionally connected with someone today	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No	□No
I was an active athlete I got at least 30 minutes of joyful movement	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No	□No
I was a star sleeper I made time for 7-9 hours of restful sleep	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes	□Yes
	□No	□No	□No	□No	□No	□No	□No