

# Maintain, Don't Gain Holiday Challenge 2012

**Initial Weigh-In:  
(November 22, 2012)**

	Challenge of the Week	Challenge Completed							Weekly Challenge Completed
		Th	F	Sa	Su	M	T	W	
<b>Week 1:</b> 11/22 – 11/28 11/22 weigh-in:	Get 5 x 30-minute sessions of sustained activity this week								
<b>Week 2:</b> 11/29 – 12/5 11/29 weigh-in:	Eat 8 servings of fruit/veggies every day								
<b>Week 3:</b> 12/6 – 12/12 12/6 weigh-in:	Abstain from eating your favorite indulgent fatty food for 6 days this week  Except on my cheat day, I won't eat: _____								Choose your cheat day at the beginning of the week
<b>Week 4:</b> 12/13 – 12/19 12/13 weigh-in:	Drink no more than 10 alcoholic drinks this week								Total drinks this week:
<b>Week 5:</b> 12/20 – 12/26 12/20 weigh-in:	Drink at least 64 ounces of water each day this week AND get 5 x 30-minute sessions of sustained activity								
<b>Week 6:</b> 12/27 – 1/2 12/27 weigh-in:	Choose 2 challenges this week:  Challenge 1: _____ Challenge 2: _____								

**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

**Final Weigh-In:  
(January 3, 2013)**

**My reward for completing the challenge is:**

**I want to complete the challenge because:**

**How it works:**

- Weigh-in Thursday morning each week
- Final weigh-in is Thursday, 1/3
- 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 challenge.