



Avoid Holiday Weight Gain this year!



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY
challenge

Track your weight
and activity to earn points!!!

Join the Holiday Challenge at
www.MyEatSmartMoveMore.com.
Participation is *FREE*

K'Vegas Divas

www.meetup.com/kernersville-zumba

DECEMBER 2011

Earn 2 points by practicing these healthy habits that support healthy living and weight management:

- Exercise at least 30 minutes per day or 210 minutes per week
- Eat 1 cup of fruit and/or veggies per day
- Eat breakfast daily
- Sleep rest for at least 6-8 hours

Deduct 1 point for these unhealthy behaviors:

- Eating more than 1 serving of sweets/dessert per day
- Drinking more than 1 alcoholic beverage per day
- Giving into emotional/stress eating

Use the calendar block for each day to tabulate your points.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Write your accumulated points for each day and then total your points at the end of 6 weeks.	Starting Weight:		Start here! 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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JANUARY 2012

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	End Here!!! 12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31		Starting Weight	Ending Weight	Total Points?