

MAINTAIN DON'T GAIN CHALLENGE

2013

**November 20, 2013 -
January 8, 2014**

1. RSVP on our Meetup Page
2. Track your progress using the "tracking form".
3. Earn 120 points!
4. Read weekly blog posts
5. Turn in your tracking form
6. Earn class discounts!

We all know that Thanksgiving signals the opening day of a season of overeating, stress and inactivity. Unfortunately, the season does not end until well after we ring in the New Year.

For many Divas this also means unwanted weight gain. If you have been trying to lose weight before the holidays, it is especially hard to continue to do so once the Holidays arrive.

Therefore, the challenge is to try to maintain weight and not gain any during the weeks from Thanksgiving until after the first of the year.

This year, make a promise to yourself to enjoy the holiday season with a higher level of energy while maintaining your weight and healthy lifestyle!

**This year....MAINTAIN DON'T
GAIN!**



Maintain Don't Gain Tracking Sheet

Goal: 120 points through smart choices and watchful weight management

Simply use this tracking sheet to record the amount of points you've earned or lost each day and subsequently, each week.

Earn up to six points each day. one point for each:

- Exercising at least 30 minutes
- Eating at least one cup of fruits and/or vegetables
- Eating a low-fat, high-fiber breakfast
- Not skipping meals; breakfast, lunch or dinner
- Limiting sweets to one serving or less
- Limiting alcohol to one serving or less

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 1
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 2
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 3
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 4
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 5
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
Earned points	_____	_____	_____	_____	_____	_____	_____	Week 6
- Lost points	- _____	- _____	- _____	- _____	- _____	- _____	- _____	
Daily Point Total	= _____	= _____	= _____	= _____	= _____	= _____	= _____	
							Total Points:	_____

Lose up to three points a day for:

- Skipping a meal
- Eating more than one serving of sweets
- drinking more than one serving of alcohol

Beginning weight

Ending Weight
