

# WINNING WITH WILLIS DECEMBER CHALLENGE

## Holiday Weight Maintenance Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Starting Weight: _____lbs	2	3 <input type="checkbox"/> I practiced portion control this week	4 <input type="checkbox"/> I was physically active 3-5 times this week
5 <input type="checkbox"/> I managed my stress this week	6	7	8	9	10 <input type="checkbox"/> I was physically active 3-5 times this week	11 <input type="checkbox"/> I practiced portion control this week
12 <input type="checkbox"/> I managed my stress this week	13	14	15 Mid Month Weight: _____lbs	16	17 <input type="checkbox"/> I practiced portion control this week	18 <input type="checkbox"/> I was physically active 3-5 times this week
19 <input type="checkbox"/> I managed my stress this week	20	21	22	23	24 <input type="checkbox"/> I was physically active 3-5 times this week	25 <input type="checkbox"/> I practiced portion control this week
26 <input type="checkbox"/> I managed my stress this week	27	28	29	30	31	1 Ending Weight: _____lbs