## HOLIDAY TO HOLIDAY HEALTHY LIVING CHALLENGE JOURNAL

WEEK	ONE		30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec		Total	
Whole Foo	ds Only	2 pts										
No White f		2 pts										
No Alcohol		2 pts										
110 / ((0110)	•	2 003										
Workout	(30 min)	2 pts										
HIIT		2 pts										
32 oz H20		2 pts										
Sleep + 7 h	1											
Meditate	(10 min +)											
RAK		2 pts										
										Weekly To	tal	
												<u> </u>
WEEK	TWO		7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec			Total
VVLLIX	1000		7-Dec	8-Dec	9-Dec	10-pec	11-Dec	12-Dec	13-Dec			TOLAT
Whole Foo	ds Only	2 pts										
No White F		2 pts										
No Alcohol		2 pts										
Workout	(30 min)	2 pts										
HIIT		2 pts										
32 oz H20		2 pts										
Sleep + 7 h	l Irs	2 pts			<u> </u>							
Meditate (10 min +)		2pts	+ +									
RAK	(=0 :::::: : /	2 pts										
		1	1							Weekly Total		
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WEEK	THREE		14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec			Total
Whole Foo	ds Only	2 pts										
No White F	oods	2 pts										
No Alcohol	1	2 pts										
Workout	(30 min)	2 pts										
HIIT		2 pts										
32 oz H20		2 pts										
Sleep + 7 h	lrs	2 pts										
Meditate	(10 min +)	2pts										
RAK		2 pts										
										Weekly To	l tal	
										, , ,		
WEEK	FOUR		21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec			Total
Whole Foo	ds Only	2 pts										
No White F	oods	2 pts										
No Alcohol		2 pts										
Workout	(30 min)	2 pts					+					
HIIT		2 pts										
32 oz H20		2 pts										
Sleep + 7 h	l irs	2 pts					+					
Meditate (10 min +)		2pts										
RAK		2 pts										
										<b>Weekly To</b>	tal	

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WEEK	FIVE		28-Dec	29-Dec	30-Dec	31-Dec	1/12016	2-Jan	3-Jan		Total
Whole Foods Only		2 pts									
No White Foods		2 pts									
No Alcohol		2 pts									
Workout	(30 min)	2 pts									
HIIT		2 pts									
32 oz H20		2 pts									
Sleep + 7 hrs		2 pts									
Meditate	(10 min +)	2pts									
RAK		2 pts									
									Weekly To	tal	

Thank you for participating in our Healthy Living Challenge! Please keep track of your healthy habits and return to Pilates 1901 by January 10th. We will announce our winners in time for our new class schedule which begins on January 18th!



Register online to receive weekly recipes, tips and motivation! www.pilates1901.com/holiday