

HOLIDAY TO HOLIDAY HEALTHY LIVING CHALLENGE JOURNAL

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 H2O	2 pts										
Sleep + 7 hrs	2 pts										
Meditate (10 min +)	2pts										
RAK	2 pts										
								Weekly Total			

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