

FREEZE! CHALLENGE

Weight Tracking Calendar

After your initial weigh-in, we encourage you to maintain your starting weight (or try to lose a few pounds!) over an 8-week period by eating healthy and exercising. The handouts, posters, and emails you receive over the 8-week campaign will provide you with tips and information to help you during the challenge. At the end of the campaign, you will weigh-out. We encourage you to track your progress by using the weight tracking calendar below! (This sheet is for your records only)

	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							