

# FREEZE CHALLENGE .

## ACTIVITY TRACKER

After your initial weigh-in, we encourage you to maintain your starting weight by eating healthy and exercising. The weekly flyers you receive throughout the campaign will give you tips to help complete the challenge. After the challenge ends, you'll weigh out to get your results.

We encourage you to track your progress! Pick one day each week to weigh yourself and record it below. This sheet is for your records only.

Weigh-in date \_\_\_\_\_ Starting weight \_\_\_\_\_

Week	Date Weighed	Weight
1		
2		
3		
4		
5		
6		
7		
8		