

MAINTAIN DON'T GAIN

Weekly personal tracker

This holiday season, I pledge to celebrate without putting on extra pounds. I will choose foods that are good for me. I will also aim to move as much as I can. And I will try to find balance so that I don't let stress set me back. I'll use this personal tracker to help me stay on a healthy path.

Week	Weight (optional)	Weight change (check one)			Notes (e.g., nutrition and physical activity success stories)
		Lost	Gained	Maintained	
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					