

October

Sun
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Mon
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Tue
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Wed
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Thu
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Fri
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Sat
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START OF CONTEST
Weigh-in 10AM - 4PM

- Tracked food
- Drank 64oz water

15

16

17

18

19

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21

END OF WEEK 1

Log all activity today!

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

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END OF WEEK 2

Log all activity today!

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

Updates posted on web
fitnessfactorynh.com

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

29

30

31

Updates posted on web
fitnessfactorynh.com

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps



November

Sun

Mon

Tue

Wed
1

Thu
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Fri
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Sat
4

END OF WEEK 3

Log all activity today!

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

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END OF WEEK 4

Log all activity today!

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

**Updates posted on web
fitnessfactorynh.com**

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

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END OF WEEK 5

Log all activity today!

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

**Updates posted on web
fitnessfactorynh.com**

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

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END OF WEEK 6

Log all activity today!

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

**Updates posted on web
fitnessfactorynh.com**

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

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**Updates posted on web
fitnessfactorynh.com**

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps



December

Sun

Mon

Tue

Wed

Thu

Fri
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Sat
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END OF WEEK 7

Log all activity today!

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

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- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

**Updates posted on web
fitnessfactorynh.com**

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

**Log all activity today
by 11:59 PM!**

- Tracked food
- Exercised 30 min.
- Drank 64oz water
- 10,000 Steps

**END OF CONTEST
Final Weigh-in
10AM - 4PM**

GOOD LUCK!! 😊

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