

**2017**  
**Zero Weight Gain**  
**Challenge**  
 Live Healthy Live Well



Name: \_\_\_\_\_

Email : \_\_\_\_\_

**Activities:**

- Fill your plate ½ full of vegetables & fruits two meals each day.
- Aim for 30 minutes of physical activity at least 5 times a week (type and minutes).
- Complete the bonus activities on back of calendar.
- Each week, on Saturday, record if you gained weight (+) lost weight (-) or stayed the same (~)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Example</b>  <i>Walk = 30</i>	<b>November 20</b>	<b>21</b>	<b>22</b>	<b>23</b> Thanksgiving	<b>24</b>	<b>25</b> Weight + / - / ~
<b>26</b>	<b>27</b> National Diabetes Month	<b>28</b>	<b>29</b>	<b>30</b>	<b>December 1</b> Eat a Red Apple Day 	<b>2</b>
<b>3</b>	<b>4</b> Cookie Day 	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12 National Pear Month 	13	14	15	16
17	18 Toy Safety Month 	19	20	21	22	23
24	25 Christmas	26	27	28	29	30
31	Jan. 1 New Year's Day	2				
<b>Bonus Activities (Optional)</b>	<b>Write in Gratitude Journal</b>	<b>Learn about Health Numbers (chol, bp, wt, glucose)</b>	<b>Create a New Healthy Tradition</b>	<b>Learn about Calories and Sugar in Beverages</b>	<b>Fit Fitness in your Day in a New Way</b>	<b>Select one New Healthy Food Option</b>
<b>Record the date you:</b>						

**EMAIL or send results to: Michelle Treber – [birk.2@osu.edu](mailto:birk.2@osu.edu) or 428 W. Liberty St. Suite 12, Wooster OH 44691 by January 10th**