

2017 Zero Weight Gain Challenge

Live Healthy Live Well



Name: _____

Email : _____

Activities:

- Fill your plate $\frac{1}{2}$ 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
Example  <i>Walk = 30</i>	November 20	21	22	23 Thanksgiving	24	25 Weight + / - / ~
26	27 National Diabetes Month	28	29	30	December 1 Eat a Red Apple Day 	2
3	4 Cookie Day 	5	6	7	8	9

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				
Bonus Activities (Optional)	Write in Gratitude Journal	Learn about Health Numbers (chol, bp, wt, glucose)	Create a New Healthy Tradition	Learn about Calories and Sugar in Beverages	Fit Fitness in your Day in a New Way	Select one New Healthy Food Option
Record the date you:						

EMAIL or FAX results to Misty Harmon - harmon.416@osu.edu or 740-743-1215 (fax)



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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OHIO STATE UNIVERSITY EXTENSION

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by January 10th