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LEAN PLATE CLUB: HOLIDAY CHALLENGE

Activity Log: Week # _____

| Activity | Time | Intensity |
|------------------------------|------------|-----------|
| Sample: Walk at lunch | 10 minutes | Moderate |
| Monday: | | |
| Tuesday: | | |
| Wednesday: | | |
| Thursday: | | |
| Friday: | | |
| Saturday: | | |
| Sunday: | | |