

LEAN PLATE CLUB'S HOLIDAY CHALLENGE

ACTIVITY LOG: WEEK NUMBER: _____

ACTIVITY	TIME	INTENSITY
SAMPLE: Take the stairs	2min	Moderate
MON:		
TUES:		
WED:		
THUR:		
FRI:		
SAT:		
SUN:		

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MON:		
TUES:		
WED:		
THUR:		
FRI:		
SAT:		
SUN:		