

OCTOBER 10,000 CALORIE BURN CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				OCTOBER TOTAL CALORIES: _____		1 EXERCISE _____ CALORIES _____	2 EXERCISE _____ CALORIES _____
				3 EXERCISE _____ CALORIES _____	4 EXERCISE _____ CALORIES _____	5 EXERCISE _____ CALORIES _____	6 EXERCISE _____ CALORIES _____
10 EXERCISE _____ CALORIES _____	11 EXERCISE _____ CALORIES _____	12 EXERCISE _____ CALORIES _____	13 EXERCISE _____ CALORIES _____	14 EXERCISE _____ CALORIES _____	15 EXERCISE _____ CALORIES _____	16 EXERCISE _____ CALORIES _____	
17 EXERCISE _____ CALORIES _____	18 EXERCISE _____ CALORIES _____	19 EXERCISE _____ CALORIES _____	20 EXERCISE _____ CALORIES _____	21 EXERCISE _____ CALORIES _____	22 EXERCISE _____ CALORIES _____	23 EXERCISE _____ CALORIES _____	
24 EXERCISE _____ CALORIES _____	25 EXERCISE _____ CALORIES _____	26 EXERCISE _____ CALORIES _____	27 EXERCISE _____ CALORIES _____	28 EXERCISE _____ CALORIES _____	29 EXERCISE _____ CALORIES _____	30 EXERCISE _____ CALORIES _____	
31 EXERCISE _____ CALORIES _____	CALORIES _____	CALORIES _____	CALORIES _____	CALORIES _____	CALORIES _____	CALORIES _____	



NOVEMBER 11,000 CALORIE BURN CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 EXERCISE _____ CALORIES _____	2 EXERCISE _____ CALORIES _____	3 EXERCISE _____ CALORIES _____	4 EXERCISE _____ CALORIES _____	5 EXERCISE _____ CALORIES _____	6 EXERCISE _____ CALORIES _____
	7 EXERCISE _____ CALORIES _____	8 EXERCISE _____ CALORIES _____	9 EXERCISE _____ CALORIES _____	10 EXERCISE _____ CALORIES _____	11 EXERCISE _____ CALORIES _____	12 EXERCISE _____ CALORIES _____
14 EXERCISE _____ CALORIES _____	15 EXERCISE _____ CALORIES _____	16 EXERCISE _____ CALORIES _____	17 EXERCISE _____ CALORIES _____	18 EXERCISE _____ CALORIES _____	19 EXERCISE _____ CALORIES _____	20 EXERCISE _____ CALORIES _____
21 EXERCISE _____ CALORIES _____	22 EXERCISE _____ CALORIES _____	23 EXERCISE _____ CALORIES _____	24 EXERCISE _____ CALORIES _____	25 THANKSGIVING EXERCISE _____ CALORIES _____	26 EXERCISE _____ CALORIES _____	27 EXERCISE _____ CALORIES _____
28 EXERCISE _____ CALORIES _____	29 EXERCISE _____ CALORIES _____	30 EXERCISE _____ CALORIES _____	 NOVEMBER TOTAL CALORIES: _____			



DECEMBER 12,000 CALORIE BURN CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
			1 EXERCISE _____ CALORIES _____	2 EXERCISE _____ CALORIES _____	3 EXERCISE _____ CALORIES _____	4 EXERCISE _____ CALORIES _____			
			5 EXERCISE _____ CALORIES _____	6 EXERCISE _____ CALORIES _____	7 EXERCISE _____ CALORIES _____	8 EXERCISE _____ CALORIES _____	9 EXERCISE _____ CALORIES _____	10 EXERCISE _____ CALORIES _____	11 EXERCISE _____ CALORIES _____
			12 EXERCISE _____ CALORIES _____	13 EXERCISE _____ CALORIES _____	14 EXERCISE _____ CALORIES _____	15 EXERCISE _____ CALORIES _____	16 EXERCISE _____ CALORIES _____	17 EXERCISE _____ CALORIES _____	18 EXERCISE _____ CALORIES _____
			19 EXERCISE _____ CALORIES _____	20 EXERCISE _____ CALORIES _____	21 EXERCISE _____ CALORIES _____	22 EXERCISE _____ CALORIES _____	23 EXERCISE _____ CALORIES _____	24 EXERCISE _____ CALORIES _____	25 CHRISTMAS EXERCISE _____ CALORIES _____
26 EXERCISE _____ CALORIES _____	27 EXERCISE _____ CALORIES _____	28 EXERCISE _____ CALORIES _____	29 EXERCISE _____ CALORIES _____	30 EXERCISE _____ CALORIES _____	31 EXERCISE _____ CALORIES _____	DECEMBER TOTAL CALORIES: _____			