



Week Three Challenges

Fitness Training

Outdoor Activity: Winter is here, so make the best of it by enjoying the outdoors. Get involved in a winter sport this week as one of your workouts, and enjoy the fresh air.

Training sessions with your Commit to Fit team are considered two workouts this week!

Circle or bold the days you worked out.

Mon Tues Wed Thurs Fri Sat Sun

Wellness

Late night eating, is not a healthy lifestyle routine. Try cutting out all those late night cravings after 7:00 p.m.

Circle or bold the days you did NOT eat late.

Mon Tues Wed Thurs Fri Sat Sun

Healthy Eating

Fuel your body frequently! Healthy snacks and regularly eating helps boost your metabolism. Try eating every 3 hours throughout the day, enjoy healthy snacks between meals. Record the TIME you had your meal this week on your tracker.

Remember - Stay Hydrated! You need eight glasses of H₂O per day.

Week Three Goals

My personal goal this week: Choose another measurable goal for you to work towards this week.

Example: Schedule an overdue health check-up with your doctor.

How did you do?



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Week Three



Food Log	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Snacks							
Lunch							
Snacks							
Dinner							





Your Progress Tracker

OPTIONAL tools to help you track your progress

Water Intake: *Canada's Food Guide recommends eight glasses of water per day.
Record the # of glasses each day.*

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Body Measurement: *Week-to-week - see your increased muscle mass OR inches you've lost.*

Week	Chest	Waist	Hips	Bicep	Thigh	Calf
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Weight: *If weight loss is your goal, watch these numbers go down.*

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
LBS										
KG										

