

2014 Zero Weight Gain

Live Healthy Live Well



Activities:

- Aim for 5 Vegetables & Fruits Every Day (V & F = 5)
- Aim for 30 Minutes of Physical Activity at least 5 times a week (List type and minutes)
- 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
<i>Example</i> V & F = 5 Walk = 30 Topic: Family	November 24	25	26	27	28	29 Weight + / - / ~
30 Topic: Healthy Celebrations	December 1	2	3	4	5	6
7 Topic: Pay it Forward, Giving Back	8	9	10	11	12	13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 Topic: Stress and Holidays	15	16	17	18	19	20
21 Topic: Seas & Greetings, Fish & Fish Oil	22	23	24	25	26	27
28 Topic: Don't Drink Your Calories	29	30	31	January 1	2	3
Bonus Activities (Optional) Record the date you:	Ate Before You Got Too Hungry	Gave to Others	Participated in a Healthy Tradition	Found Your Calm	Paid it Forward	Made a Calorie- Conscious Drink Choice



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