

# MAY 2024

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2	3	4 START OF CONTEST Weigh-in 10:15AM - 3PM  <input type="checkbox"/> Tracked food <input type="checkbox"/> Drank 64oz water
5  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	6  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	7  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	8  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	9  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	10  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	11 END OF WEEK 1 Log all activity today! <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps
12  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	13  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	14 Updates posted on web <a href="http://fitnessfactorynh.com">fitnessfactorynh.com</a> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	15  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	16  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	17  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	18 END OF WEEK 2 Log all activity today! <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps
19  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	20  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	21 Updates posted on web <a href="http://fitnessfactorynh.com">fitnessfactorynh.com</a> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	22  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	23  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	24  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	25 END OF WEEK 3 Log all activity today! <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps
26  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	27  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	28 Updates posted on web <a href="http://fitnessfactorynh.com">fitnessfactorynh.com</a> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	29  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	30  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	31  <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	

# JUNE 2024

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						<b>1</b> <b>END OF WEEK 4</b> <b>Log all activity today!</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps
<b>2</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>3</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>4</b> <b>Updates posted on web</b> <b><a href="https://fitnessfactorynh.com">fitnessfactorynh.com</a></b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>5</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>6</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>7</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>8</b> <b>END OF WEEK 5</b> <b>Log all activity today!</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps
<b>9</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>10</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>11</b> <b>Updates posted on web</b> <b><a href="https://fitnessfactorynh.com">fitnessfactorynh.com</a></b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>12</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>13</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>14</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>15</b> <b>END OF WEEK 5</b> <b>Log all activity today!</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps
<b>16</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>17</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>18</b> <b>Updates posted on web</b> <b><a href="https://fitnessfactorynh.com">fitnessfactorynh.com</a></b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>19</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>20</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>21</b> <b>Log all activity today</b> <b>by 11:59 PM!</b> <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	<b>22</b> <b>END OF CONTEST</b> <b>Final Weigh-in</b> <b>10:15AM - 3PM</b> <b>GOOD LUCK!! 😊</b>