

JUNE 2024

Sun	Mon	Tues	Wed	Thur	Fri	Sat
						22 START OF CONTEST Weigh-in 10:15AM - 2PM <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours
23 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	24 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	25 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	26 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	27 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	28 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	29 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours
30 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours						

JULY 2024

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
	1 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	2 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	3 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	4 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	5 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	6 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours
7 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	8 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	9 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	10 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	11 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	12 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	13 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours
14 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	15 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	16 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	17 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	18 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	19 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	20 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours
21 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	22 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	23 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	24 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	25 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	26 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	27 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours
28 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	29 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	30 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	31 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours			

AUGUST 2024

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	2 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	3 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours
4 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	5 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	6 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	7 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	8 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	9 <input type="checkbox"/> On Track w Food <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> 10,000 Steps <input type="checkbox"/> Slept 7-9 Hours	10 END OF CONTEST Final Weigh-in 10:15AM - 2PM GOOD LUCK!! 😊