

May 2025

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3 START OF CONTEST Weigh-in 10:15AM - 3PM <input type="checkbox"/> Tracked food <input type="checkbox"/> Drank 64oz water
4 <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	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 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
11 <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 Updates posted on web fitnessfactorynh.com <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	14 <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 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
18 <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 Updates posted on web fitnessfactorynh.com <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	21 <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 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
25 <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 Updates posted on web fitnessfactorynh.com <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	28 <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 END OF WEEK 4 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

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1 <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	2 <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	3 Updates posted on web fitnessfactorynh.com <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	4 <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	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 END OF WEEK 5 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
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 Updates posted on web fitnessfactorynh.com <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	11 <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 END OF WEEK 5 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
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 Updates posted on web fitnessfactorynh.com <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	18 <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 Log all activity today by 11:59 PM! <input type="checkbox"/> Tracked food <input type="checkbox"/> Exercised 30 min. <input type="checkbox"/> Drank 64oz water <input type="checkbox"/> 10,000 Steps	21 END OF CONTEST Final Weigh-in 10:15AM - 3PM GOOD LUCK!! 😊