

November 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	4	5	6	7	8 START OF CONTEST Weigh-in 10:15AM - 3PM ☐ Tracked food ☐ Drank 64oz water
9 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	10 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	11 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	12 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	13 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	14 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	15 END OF WEEK 1 Log all activity today! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps
16 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	17 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	18 Updates posted on web fitnessfactorynh.com ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	19 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	20 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	21 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	22 END OF WEEK 2 Log all activity today! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps
23 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	24 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	25 Updates posted on web fitnessfactorynh.com ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	26 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	27  Happy Thanksgiving! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	28 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	29 END OF WEEK 3 Log all activity today! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps
30 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps						

Dec 2025 / Jan 2026

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>
	1 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	2 Updates posted on web fitnessfactorynh.com ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	3 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	4 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	5 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	6 END OF WEEK 4 Log all activity today! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps
7 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	8 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	9 Updates posted on web fitnessfactorynh.com ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	10 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	11 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	12 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	13 END OF WEEK 5 Log all activity today! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps
14 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	15 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	16 Updates posted on web fitnessfactorynh.com ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	17 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	18 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	19 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	20 END OF WEEK 6 Log all activity today! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps
21 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	22 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	23 Updates posted on web fitnessfactorynh.com ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	24 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	25 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	26 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	27 END OF WEEK 7 Log all activity today! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps
28 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	29 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	30 Updates posted on web fitnessfactorynh.com ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	31 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	1 ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	2 Log all activity today by 11:59 PM! ☐ Tracked food ☐ Exercised 30 min. ☐ Drank 64oz water ☐ 10,000 Steps	3 END OF CONTEST Final Weigh-in 10:15AM - 3PM GOOD LUCK!! 😊