



"Step-It-Up" Fitness Challenge

Weight Maintenance Log

Starting Weight:		
	Weight	Comments and tips for next week:
Week 1: Oct. 12		
Week 2: Oct. 21		
Week 3: Oct. 28		
Week 4: Nov. 4		
Week 5: Nov. 11		
Week 6: Nov. 18		
Week 7: Nov. 23		
Week 8: Nov. 30		
Ending Weight:		

Remember: While it is important to monitor your weight in order to maintain it, weight is not the only indicator of health and fitness. So don't get too caught up in what the numbers say – instead, focus on eating smart and moving more, the keys to a healthy lifestyle.