

# MAINTAIN DON'T GAIN

## Holiday Action Plan and Tracker

This holiday season, I acknowledge the risk of gaining permanent weight during this time, and I pledge to celebrate the holidays by implementing a few key actions that will help me maintain my current weight.

| Starting Weight | Action Track: Choose one.<br>(One is plenty, although a combination approach is optional.)   |  |   |
|-----------------|--|--|---|
|                 | <input type="checkbox"/> 1. Track Food Intake <input type="checkbox"/> 4. Move More<br><input type="checkbox"/> 2. Intermittently Fast <input type="checkbox"/> 5. Strategically Abstain<br><input type="checkbox"/> 3. Strategically Replace Foods <input type="checkbox"/> 6. Combination (optional) |  |   |
| Week            | Weight at Week End   | Specific Commitments For This Week Based on My Action Track(s) | Commitments Achieved?   |
| Dec 1-7         |  |  | <input type="checkbox"/> Yes!<br><input type="checkbox"/> Mostly<br><input type="checkbox"/> Not Really |
| Dec 8-14        |  |  | <input type="checkbox"/> Yes!<br><input type="checkbox"/> Mostly<br><input type="checkbox"/> Not Really |
| Dec 15-21       |  |  | <input type="checkbox"/> Yes!<br><input type="checkbox"/> Mostly<br><input type="checkbox"/> Not Really |

| Week         | Weight at Week End | Specific Commitments For This Week Based on My Action Track(s) | Commitments Achieved?   |
|--------------|--------------------|--|---|
| Dec 22-28    |                    |  | <input type="checkbox"/> Yes!<br><input type="checkbox"/> Mostly<br><input type="checkbox"/> Not Really |
| Dec 29-Jan 4 |                    |  | <input type="checkbox"/> Yes!<br><input type="checkbox"/> Mostly<br><input type="checkbox"/> Not Really |



Finishing Weight

### Post-Holiday Roundup

|   |  |
|---|--|
| The easiest actions were:                                   |  |
| The hardest actions were:                                   |  |
| I think the most effective actions were:                    |  |
| I'm going to continue using these techniques going forward: |  |
| Other concluding thoughts:                                  |  |