

MAINTAIN DON'T GAIN

Thanksgiving Action Plan

This Thanksgiving, I pledge to celebrate by implementing a few key actions that will help me maintain my current weight. I'll have this with me on Thanksgiving.

Action #	Life-hack or tip from web article that I'm going to implement
Action 1	
Action 2	
Action 3	
Action 4	
Action 5	
Action 6	
Action 7	
Action 8	