

Siskiyou Family YMCA
2010 Y Weight Challenge
Calorie and Exercise Log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						January 16 2010 Start Wt: _____ Calories _____ Exercise Y N
17	18	19	20	21	22	23
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N
24	25	26	27	28	29	30
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N
31	February 1 2010	2	3	4	5	6
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Weigh In 9:00am Calories _____ Exercise Y N
7	8	9	10	11	12	13
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N
14	15	16	17	18	19	20
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N
21	22	23	24	25	26	27
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Weigh In 9:00am Calories _____ Exercise Y N
28	March 1 2010	2	3	4	5	6
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N
7	8	9	10	11	12	13
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N
14	15	16	17	18	19	20
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Weigh In Calories _____ Exercise Y N
21	22	23	24	25	26	27
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N
28	29	30	31	April 1 2010	2	3
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N
4	5	6	7	8	9	10
Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Calories _____ Exercise Y N	Final Weigh In Calories _____ Exercise Y N