

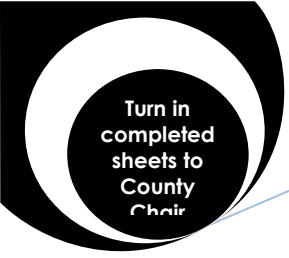
Turn in
completed
sheets to
County
Choir

IEHA GOES EXTREME Log Sheet

MAY

JUNE

Week 1	Nutrition	Weight Loss	Exercise	Water 8-8 oz	Daily Goal Met	Week 1	Nutrition	Weight Loss	Exercise	Water 8-8 oz	Daily Goals Met
Monday						Monday					
Tuesday						Tuesday					
Wednesday						Wednesday					
Thursday						Thursday					
Friday						Friday					
Saturday						Saturday					
Sunday						Sunday					
Weekly Goals Met						Weekly Goals Met					
Week 2						Week 2					
Monday						Monday					
Tuesday						Tuesday					
Wednesday						Wednesday					
Thursday						Thursday					
Friday						Friday					
Saturday						Saturday					
Sunday						Sunday					
Weekly Goals Met						Weekly Goals Met					
Week 3						Week 3					
Monday						Monday					
Tuesday						Tuesday					
Wednesday						Wednesday					
Thursday						Thursday					
Friday						Friday					
Saturday						Saturday					
Sunday						Sunday					
Weekly Goals Met						Weekly Goals Met					
Week 4						Week 4					
Monday						Monday					
Tuesday						Tuesday					
Wednesday						Wednesday					
Thursday						Thursday					
Friday						Friday					
Saturday						Saturday					
Sunday						Sunday					
Weekly Goals Met						Weekly Goals Met					
Week 5						Week 5					
Monday						Monday					
Tuesday						Tuesday					
Wednesday						Wednesday					
Thursday						Thursday					
Friday						Friday					
Saturday						Saturday					
Sunday						Sunday					
Weekly Goals Met						Weekly Goals Met					



IEHA GOES EXTREME Log Sheet