

# WEEKLY CHALLENGES CALENDAR

## Week one (12/08/08)

None

## Week two (12/15/08)

None

## Week three (12/22/08)

Not eating after 8pm or within 3 hours of going to bed 4 days of the week.

## Week four (12/29/08)

5 servings of fruits and vegetables each day.

OR

Read the Ensign from cover to cover

## Week five (01/05/09)

No carbonation the entire week

## Week six (01/12/09)

Wait 30 minutes from the beginning of your meal before taking a second helping.

## Week seven (01/19/09)

Run/Walk a combined total of 5 miles during the week.

## Week eight (01/26/09)

Exercise more than the minimum of 3 days.

## Week nine (02/02/09)

Write in your journal daily even if it is just a paragraph. If you are not keeping one you should be.

OR

No candy/sweet things (i.e. cake, ice cream, cookies) for the entire week.

## Week ten (02/09/09)