

# 2023 Holiday Hold'em Challenge



NAME \_\_\_\_\_

EMAIL \_\_\_\_\_

| Week Of:                             | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weight<br>+ / - / ~ |
|--------------------------------------|--------|---------|-----------|----------|--------|----------|--------|---------------------|
| November 20th                        |        |         |           |          |        |          |        |                     |
| Physical Activity<br>(minutes, type) |        |         |           |          |        |          |        |                     |
| November 27th                        |        |         |           |          |        |          |        |                     |
| Physical Activity<br>(minutes, type) |        |         |           |          |        |          |        |                     |
| December 4th                         |        |         |           |          |        |          |        |                     |
| Physical Activity<br>(minutes, type) |        |         |           |          |        |          |        |                     |
| December 11th                        |        |         |           |          |        |          |        |                     |
| Physical Activity<br>(minutes, type) |        |         |           |          |        |          |        |                     |

EMAIL or FAX results to: [s-garrett@tamu.edu](mailto:s-garrett@tamu.edu) or [jboening@ag.tamu.edu](mailto:jboening@ag.tamu.edu) or (979)968-5295

**TEXAS A&M**  
**AGRI**LIFE  
**EXTENSION**



Name: \_\_\_\_\_



|   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weight<br>+ / - / ~ |
|---|--------|---------|-----------|----------|--------|----------|--------|---------------------|
| December 18th   |        |         |           |          |        |          |        |                     |
| Physical Activity<br>(minutes, type)                    |        |         |           |          |        |          |        |                     |
| December 25th<br>(Turn in Log by Jan. 6 <sup>th</sup> ) |        |         |           |          |        |          |        |                     |
| Physical Activity<br>(minutes, type)                    |        |         |           |          |        |          |        |                     |

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