


# Kimberly's Wellness Challenge

Name \_\_\_\_\_

Month \_\_\_\_\_

		DATES																											
Approximate Portion Size																													
<b>2-3 Fruits</b>	Tennis Ball																												
<b>5-7 Veggies</b>	1 Cup Raw 1/2 Cup Cooked																												
<b>3 Starches</b>	1 Cup																												
<b>2 Dairy</b>	100 calories or 1 cup																												
<b>4 Protein</b>	Deck of Cards Palm of Hand Lean - Whole Hand																												
<b>3 Fats</b>	1 Golf Ball Size																												
<b>64 oz. Water</b>	(3) 20 oz Servings																												
<b>Work Outs</b>	Minutes What Done																												
<b>Cheats</b>	What																												
<b>Random Acts of Kindness</b>	What 																												
<b>Desired Behavior Change</b>	What																												

\*If You Do A Extra Heavy Cardio Workout 30-45 minutes - Get 1-3 Servings of Extra Carbohydrates (Fruit, Veggie, Starches)

\* If You Do An Extra Heavy Weight Workout 30-45 minutes - You Get 1-2 Servings of Protein (Dairy or Protien)

Questions call Kimberly at 487-4879 \*Personal Training Available