



# HOW TO **AVOID** HOLIDAY WEIGHT GAIN

## Cheat Sheet

Check off or write in each box as needed every day. Remember, you are picking a Drink or Dessert, doing your Fitness Challenge, drinking water before eating to Hydrate, and allowing your body 12 Hours to recover.

Best of luck. I hope this cheat sheet helps hold you accountable during the holiday season.



KEY: Dr = Drink | De = Dessert | FC = Fitness Challenge | H = Hydration | 12Hr = 12 Hour Rule

### WEEK 1

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

### WEEK 2

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

### WEEK 3

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

### WEEK 4

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

Dr or De  
 FC  
 H  
 12Hr

You can always reach out to me on all social media @sarahaleyfit.

