



Jim Thorpe Fitness Center

Clean Living Food Challenge Log

NOVEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cumulative Food Days			1 Water Intake Food Intake	2 Water Intake Food Intake	3 Water Intake Food Intake	4 Water Intake Food Intake
5 Water Intake Food Intake	6 Water Intake Food Intake	7 Water Intake Food Intake	8 Water Intake Food Intake	9 Water Intake Food Intake	10 Water Intake Food Intake	11 Water Intake Food Intake
12 Water Intake Food Intake	13 Water Intake Food Intake	14 Water Intake Food Intake	15 Water Intake Food Intake	16 Water Intake Food Intake	17 Water Intake Food Intake	18 Water Intake Food Intake
19 Water Intake Food Intake	20 Water Intake Food Intake	21 Water Intake Food Intake	22 Water Intake Food Intake	23 Water Intake Food Intake	24 Water Intake Food Intake	25 Water Intake Food Intake
26 Water Intake Food Intake	27 Water Intake Food Intake	28 Water Intake Food Intake	29 Water Intake Food Intake	30 Water Intake Food Intake		

Record clean living food logs for 21 days during the November 30 Day Challenge. Verify entries with attendant at the Jim Thorpe Fitness Center front desk.