

NAME _____

NO WAIST NOVEMBER 2025

How to use: Every day this month:

- 1) Write Down Your Step Count
- 2) Put a big ✓ if you avoided all of the "NO" food and drinks
- 3) Circle the date if you trained at Switch Energy Fitness

SUN	MON	TUE	WED	THU	FRI	SAT
26	27		29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <small>Fit Fam Friendsgiving Pot Luck</small>	18	19	20	21	22
23	24	25	26	27 <small>Thansgiving</small>	28 <small>Black Friday</small>	29
30	1	2	3	4	5	6