

## Week 6: Accountability Card

Holiday parties are a lot of fun, however, if you are not careful they can turn into dietary nightmares.

**Use this as your party checklist. Implement the strategies listed below on the day of a party and at the party event as aids to enjoy the party in the proper context. Cheers!**

On the day of a party make sure to eat some sensible meals as to not arrive to the party starving.	
Try if possible to fit in an extra 10 minute walk or strength training session the day of the party.	
Decide on one thing you will do at the party to help control mindless picking at the party.	

**What is one thing you plan on doing differently this year compared to last year when it comes to handling holiday parties?**