

WEEKLY HABITS (10 POINTS EACH)

Try a new way to get moving

Submit your points for prizes

Complete the weekly challenge

Get your blood pressure reading

WEEKLY TRACKER - Week 1

Monday, January 5 to Sunday, January 11

| NAME: | | | | | | | | |
|-----------------------------|-----|-------------|---|---|---|---|---|-------|
| TOTAL POINTS THIS W | EEk | (: . | | | | | | |
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| DAILY HABITS (1 POINT EACH) | | | | | | | | |
| | Μ | Т | W | Т | F | S | S | Total |
| Move for 30 minutes | | | | | | | | |
| Drink 64 ounces of water | | | | | | | | |
| Eat a healthy breakfast | | | | | | | | |
| Eat a healthy lunch | | | | | | | | |
| Eat a healthy dinner | | | | | | | | |
| Get 8 hours of sleep | | | | | | | | |
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WEEKLY TRACKER - Week 2

Take a mindful moment

Monday, January 12 to Sunday, January 18

| NAME: | | |
|-------|-------------------|--|
| TOTAL | POINTS THIS WEEK: | |

WEEKLY HABITS (10 POINTS EACH)

| Complete the weekly challenge |
|---------------------------------|
| Try a new way to get moving |
| Get your blood pressure reading |
| Submit your points for prizes |

DAILY HABITS (1 POINT EACH)

Move for 30 minutes
Drink 64 ounces of water
Eat a healthy breakfast
Eat a healthy lunch
Eat a healthy dinner
Get 8 hours of sleep
Take a mindful moment

| | М | Т | W | Т | F | S | S | Total | |
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