



WEEKLY TRACKER – Week 1

Monday, January 5 to Sunday, January 11

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)

	M	T	W	T	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								
Take a mindful moment								



WEEKLY TRACKER – Week 2

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)

	M	T	W	T	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								
Take a mindful moment								