



# WEEKLY TRACKER – Week 3

Monday, January 19 to Sunday, January 25

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 4

Monday, January 26 to Sunday, February 1

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								