

WEEKLY TRACKER - Week 3

Monday, January 19 to Sunday, January 25

Challenge	TOTAL POINTS THIS W	EEK	(: -						
VEEKLY HABITS (10 POINTS EACH)	D								EACH)
Complete the weekly challenge		М	Т	W	Τ_	F	S	<u>S</u>	Total
Try a new way to get moving	Move for 30 minutes								
Get your blood pressure reading	Drink 64 ounces of water								
Submit your points for prizes	Eat a healthy breakfast								
Submit your points for prizes	Eat a healthy lunch								
	Eat a healthy dinner								
	Get 8 hours of sleep								
	Take a mindful moment								

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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)

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

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