Personal Success Tracker



Feel free to check off or add notes to each day you participate in the challenge! You can put an X, write a note, log your progress, or anything else related to your goals and the challenge! Some examples have been listed below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 **Example:** *Set goals and how I want to achieve them.*	11/2 **Example:** -Made 3 goals for program	11/3	11/4	11/5	11/6
Week 2	11/9	11/10	11/11 **Veteran's Day (Observed)** *No Postcard*	11/12	11/13
Week 3	11/16	11/17	11/18	11/19	11/20
Week 4	11/23	11/24	11/25	11/26 **Thanksgiving** *No Postcard*	11/27 **Holiday (Observed)** *No Postcard*
Week 5	11/30	12/1	12/2	12/3	12/4
Week 6	12/7	12/8	12/9	12/10	12/11

Be Well at Work
Faculty/Staff Wellness