

Personal Success Tracker

Instructions

Check off each day that you completed the challenge. Feel free to go above and beyond the goal. As you work on the challenge each week, write notes to yourself on what did/did not work.



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1, Nov 12-17							
Stay active! Walk, jog, swim, or cycle at least 15 minutes a day this holiday season. Got more in you? Go for the recommended 30 minutes, five days each week!	Tips/Notes:						
Week 2, Nov 18-24							
Tune in. Practice a component of mindful eating and/or body acceptance each day.	Tips/Notes:						
Week 3, Nov 25-Dec 1							
Make it social. Eat, walk and talk with a family member or a close friend. Try a new trail, share a recipe or plan a fun outing. Do this 2x a week.	Tips/Notes:						
Week 4, Dec 2-8							
Breathe. Experiment and practice breathing exercises twice a day.	Tips/Notes:						
Week 5, Dec 9-15							
Go for color. Include colorful vegetables and fruit whenever possible. The more colors, the merrier!	Tips/Notes:						
Week 6, Dec 16-22							
Be mindful and Practice Random Acts of Kindness. Have at least one mindful moment a day and practice random acts of kindness this week.	Tips/Notes:						

Note: To be eligible for the weekly prize drawing, you must complete the online weekly participation survey by Tuesday at noon of the following week.