

Energize to Be Well Tracker



Instructions: This tracker is simply for your own use, if you choose to use it. If you are participating on a team, you may choose to only use the team tracker instead.

- 1. Check off each day that you meet the goal, using multiple checks if you do it more than once.
- 2. Optional: Jot down notes, such as your energy level, ways in which you met the goal, barriers, etc.

Week	Mon	Tue	Wed	Thu	Fri
Week 1: Pause 1-2 minute break twice daily					
Notes					
Week 2: Breathe 1 breathing exercise daily					
Notes					
Week 3: Move 10 min. activity break daily					
Notes					
Week 4: Fuel Hunger scale and/or healthy meal					
Notes					
Week 5: Rest 1 action to improve sleep daily					
Notes					
Week 6: Appreciate Something nice for you/others					
Notes					

Note: To be eligible for the weekly prize drawing, you must complete the online weekly participation survey by 5pm Tuesday, starting with the one sent in the week 2 newsletter.

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During this challenge, pay attention when you feel energized and when you feel drained. Jot down things that you notice are associated with feeling these highs and lows in energy. This will help raise your awareness so that you can avoid energy zappers and do things that energize you more often.

Things that energize me

Ex: Walking on my lunch break	Ex: Having fruit and nuts as a snack in the afternoon

😴 Things that drain me					
Ex: Having a pastry for breakfast rather than something more balanced	Ex: Playing games on my phone before bed (can't fall asleep as easily)				