

**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
<b>Week 1: Pause</b> 1-2 minute break twice daily					
Notes					
<b>Week 2: Breathe</b> 1 breathing exercise daily					
Notes					
<b>Week 3: Move</b> 10 min. activity break daily					
Notes					
<b>Week 4: Fuel</b> Hunger scale and/or healthy meal					
Notes					
<b>Week 5: Rest</b> 1 action to improve sleep daily					
Notes					
<b>Week 6: Appreciate</b> 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.*

