

Week 1 – Set Goals: Challenge Tracker

Do the action items listed in this column	Place a check in the box when you complete the Action Item. Write the day of the week (Monday, Tuesday, etc.) under Day 1, Day 2, etc. to help you track your daily action items.						
<i>Example: Complete worksheet</i>	√						
Do these at the beginning of the week:							
Complete the Goal Setting Worksheet.							
Write your most important goal and why it is important to you on several small cards. Post them where you will see them throughout the day, such as in your car, on your refrigerator, or on your computer.							
Take these at the beginning of the week:	Blood Pressure	Weight	Waist Circumference	Body Mass Index (BMI)			
Record your numbers. Place a check in the same box as well (if completed).							
Do these every day:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Look at your Goal Setting Worksheet as you begin each day to remind yourself what you are trying to accomplish and why. Read your plan to overcome barriers so you are prepared.							
As you begin each day, take a few minutes to close your eyes and imagine yourself meeting your goal. Think about how you will feel when you accomplish your goal.							

Check each box as you accomplish that action item. Give yourself 1 point for each box checked. There are 20 points possible this week.

Points You Earned: _____ ÷ 20 = _____ x 100 = % of Week 1 Challenge was achieved.

Congratulations on your accomplishments this week! How are you going to reward yourself? _____

Now, try to make next week even higher! You can do it!!