

## Week 12 – Celebrate Your Success: Challenge Tracker

**Congratulations, you've made it!!!**

Do the action items listed in this column.	Place a check in the box when you complete the Action Item.						
Do these at the beginning of the week:	<input type="checkbox"/>						
Complete the Keeping It Up! Worksheet in your workbook.							
Complete the My Success Story Statement in your workbook.							
Complete the I Will! Challenge worksheet in your workbook.							
Reward yourself for your success!							
Set up the support system you need to keep going!							
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 at least 3 days during the week:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Select and do at least 3 Activities for Relieving Stress each week.							
Begin and write in a journal at least 3 times during the week.							
Continue to do at the increased rate for at least 5 days during the week:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Continue to do cardio physical activity at the increased rate (from Week 9) – or at least 30 minutes per day. Be sure to do so at the intensity to reach your target heart rate.							
Continue to do at the increased rate at least 2 days during the week:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Continue to do strength training exercises at the increased rate (from Week 9) – or at least 8 exercises per day.							

Continue to do these every day:		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Keep track of your tobacco and alcohol use using the Tobacco and Alcohol Journal.*								
Have less tobacco than you did the previous day – or have none at all.*								
Have less alcohol than you did the previous day – or have none at all.*								
Use the Rate Your Plate system and a 9-inch plate to control your portions and food choices at meals. Do this for each meal :	Breakfast (use only ½ the plate)							
	Lunch							
	Dinner							
Follow your snack plan eating a healthy snack between meals:	Morning Snack							
	Afternoon Snack							
Look at your Goal Setting Worksheet 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 121 points possible this week.

**\*Note: If you do not use any tobacco products or drink alcoholic beverages, give yourself points for these sections!**

Points You Earned: \_\_\_\_\_ ÷ 121 = \_\_\_\_\_ x 100 =  % of Week 12 Challenge was achieved.

**Congratulations on ALL of your accomplishments! Make sure that “I Can!” is always a part of you! How are you going to reward yourself?**

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