

Week 9 – Physical Activity- Step It Up: Challenge Tracker

Congratulations! You're moving forward! Keep it going!

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:							
Complete the Different Ways to Exercise worksheet in your workbook.							
Measure your resting heart rate to see whether it has decreased slightly since week 4.							
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.							
Increase this and continue to do at least 5 days during the week:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Increase your cardio physical activity to at least 30 minutes per day at the intensity to reach your target heart rate. If you were already doing 30 minutes, increase your activity by 10 minutes.							
Increase this and continue to do at least 2 days during the week:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<p>Increase your strength training activity to at least 8 strength training exercises 2 days during the week.</p> <p>If you were already doing 8 exercises, add one more day of strength training to do 3 days per week.</p>							

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.*								
Continue to do these every day:		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
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're 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 104 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: _____ ÷ 104 = _____ x 100 = % of Week 9 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!