

CHALLENGE TRACKER - MONTH 1

This month's tracker will help you track your challenges (goals) for mastering the following skills: *More Water, Less Sugar - Sleep Better - Move More*. Each day you successfully complete your challenges, place a checkmark in the corresponding column.

WEEK #1	1	2	3	4	5	6	7
NOURISH Decreased sugar containing drinks by half							
SUSTAIN Changed two things in my enviroment for better sleep & continue them each day							
MOVE Stood / moved 2x when I normally wouldn't have							

WEEK #2	1	2	3	4	5	6	7
NOURISH No sugar containing beverages							
SUSTAIN Went to bed at the same time each night							
MOVE Did not sit for more than 30 minutes at one time							

WEEK #3	1	2	3	4	5	6	7
NOURISH Drank 64oz water (no plastic bottles)							
SUSTAIN Did not have caffeine after 2:00 p.m.							
MOVE Took atleast 2,000 steps							

WEEK #4 BONUS WEEK	1	2	3	4	5	6	7
NOURISH							
SUSTAIN							
MOVE							

NOTES