

CHALLENGE TRACKER - MONTH 2

This month's tracker will help you track your challenges (goals) for mastering the following skills: *More Fruits & Vegetables - Recycle - Move More*. Each day you successfully completed your challenge, place a check mark in the corresponding column. Challenges with only one column need to be completed once during the week rather than daily.

WEEK #1	1	2	3	4	5	6	7
NOURISH Ate one cup of fruits/veggies							
SUSTAIN Replaced three product brands with recycled brands							
MOVE Took at least 3,000 steps							

WEEK #2	1	2	3	4	5	6	7
NOURISH Ate one cup of fruits and 1 cup of vegetables							
SUSTAIN Set up recycle bins and identified local recycle center							
MOVE Took at least 4,000 steps							

WEEK #3	1	2	3	4	5	6	7
NOURISH Ate two cups of fruit and two cups of vegetables							
SUSTAIN Recycled three types of materials this week							
MOVE Took at least 5,000 steps							

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

NOTES