

CHALLENGE TRACKER - MONTH 3

This month's tracker will help you track your challenges (goals) for mastering the following skills: *Cleaner Nutrition - Reduce & Reuse - 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 Bought five types of produce on Dirty Dozen List organic							
SUSTAIN Found two ways to use less paper							
MOVE Took 5,000 steps							

WEEK #2	1	2	3	4	5	6	7
NOURISH Replaced two products with more than 10 ingredients for less ingredient products							
SUSTAIN Used reusable shopping bags							
MOVE Took at least 9,000 step							

WEEK #3	1	2	3	4	5	6	7
NOURISH Cooked two meals at home using whole foods							
SUSTAIN Used reusable water bottles							
MOVE Took at least 10,000 steps							

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

NOTES