

HEALTHY HOLIDAY *Challenge*

WEIGHT TRACKING CARD

You are not responsible for turning in this WEEKLY ACTIVITY tracker (The weight should be submitted online). This sheet is for your personal use.

Tips for increasing your weekly activity:

Choose activities that you enjoy and can do regularly.

Fitting activity into a daily routine can be easy- such as taking a brisk 10 minutes walk to and from the parking lot or bus stop. You can join an exercise class. Keep it interesting by trying something different on alternate days. Every little bit adds up and doing something is better than doing nothing.

Record your weekly activity in these boxes.

	week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
Weekly Challenges								