

HEALTHY HOLIDAY *Challenge*

WEIGHT TRACKING CARD

Your 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 mintues walk to and from the parking lot or bust stop. You can join an exercise class. Keep it intereseting by trying something different on alternate days. Every little but 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
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
Weekly Challenges							