

## TRACKING MY HEALTHY LIFESTYLE

**Month:** \_\_\_\_\_

WEEK 1								Notes about this week
I achieved my PA goals today!								
I achieved my Healthy Eating goals today!								

WEEK 2								Notes about this week
I achieved my PA goals today!								
I achieved my Healthy Eating goals today!								

WEEK 3								Notes about this week
I achieved my PA goals today!								
I achieved my Healthy Eating goals today!								

WEEK 4								Notes about this week
I achieved my PA goals today!								
I achieved my Healthy Eating goals today!								

What worked this month? \_\_\_\_\_

What needs work? \_\_\_\_\_

Strategies to improve or maintain my success for next month are:

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