



**Nov.18, 2019 to Jan.10, 2020**

# Weekly Personal Goal Tracker

- I will fuel my body with NUTRITIOUS FOODS!
- I will aim to MOVE my body as much as I can!
- I will work to maintain BALANCE in my life!
- Other:

Week	Weight (optional)	Successes	Challenges
<b>Week 1</b> 11.18 – 11.22			
<b>Week 2</b> 11.25 - 11.29			
<b>Week 3</b> 12.02 - 12.06			
<b>Week 4</b> 12.09 - 12.13			
<b>Week 5</b> 12.16 - 12.20			
<b>Week 6</b> 12.23 - 12.27			
<b>Week 7</b> 12.30 - 01.03			
<b>Week 8</b> 1.06 - 01.10			
<b>Weight Calculation (Optional)</b>	$\underline{\hspace{10em}} \text{ -- } \underline{\hspace{10em}} = \underline{\hspace{10em}}$ <p style="text-align: center;"> <span style="margin-right: 100px;"><b>Week 1 Weight</b></span> <span style="margin-right: 100px;"><b>Week 8 Weight</b></span> <span><b>Change in Weight</b></span> </p>		

**\*This tracker is for your personal records only, please do not submit**

Hint! If you are tracking weight, try to weigh yourself at the same time of day each week. It is normal for body weight to fluctuate daily, so don't get discouraged if you have an off day. Remember to drink lots of fluids and limit your sodium.