Thank you for joining the Choose to Lose challenge. Over the next 12 weeks, you’ll be doing many fun and unique activities. So we’ve created this Challenge Tracker to help you stay organized and learn from the experience. Simply print it out, check off each activity as you complete it and make notes as needed. Have fun—and best of luck!

**WEEK 1: KICKOFF & GOAL SETTING**

Check off this week’s challenge activities as you finish them:

- Set a goal for the challenge.
  
  ____________________________________________________________
  ____________________________________________________________

- Write down your goal and post it somewhere you’ll see often.
  Where I posted it:

- Share your goal with your challenge buddy (or a supportive friend or family member).
  My challenge buddy is:

- Watch the on-demand Choose to Lose webinar this week.

And don’t forget:

- Record your starting weight here: _______ pounds
  (You’ll provide it in next week’s check-in survey.)
**WEEK 2: MAKE YOUR MEALS MORE FILLING**

Check off this week's challenge activities as you finish them:

- **Eat breakfast at least three days this week.**
  - __MON __TUES __WED __THURS __FRI __SAT __SUN

- **Include vegetables at breakfast one day this week.**
  - What I had:

- **Plan your menu for dinner each night this week.**
  - Monday: ___________________________________________________________________
  - Tuesday: ___________________________________________________________________
  - Wednesday ___________________________________________________________________
  - Thursday: ___________________________________________________________________
  - Friday: _____________________________________________________________________
  - Saturday: ___________________________________________________________________
  - Sunday: ____________________________________________________________________

- **Cook and freeze a healthy meal for another day.**
  - What I made:

And don’t forget:

- **Take the check-in survey about last week’s activities.**

**WEEK 3: SITTING LESS & WALKING MORE**

Check off this week’s challenge activities as you finish them:

- **Get up and walk to the water fountain to refill your bottle today.**
  - __MON __TUES __WED __THURS __FRI __SAT __SUN

- **Set a reminder on your calendar to stand up and stretch every hour.**

- **Walk at lunch today.**
  - __MON __TUES __WED __THURS __FRI __SAT __SUN

- **Meet a friend for a walk after work.**
  - What I made:

And don’t forget:

- **Take the check-in survey about last week’s activities.**
WEEK 4: SLEEP WELL

Check off this week’s challenge activities as you finish them:

☐ Turn off your screens (phone, tablet, computer, TV) at least 30 minutes before bedtime.

☐ Read a book or magazine before bed.

☐ Take a warm bath or shower to unwind in the evening.

☐ Go to bed 30 minutes earlier than usual.

The next morning, I felt:

And don’t forget:

☐ Take the check-in survey about last week’s activities.

WEEK 5: DEALING WITH EMOTIONS

Check off this week’s challenge activities as you finish them:

☐ Write down at least one emotional trigger that causes you to eat.

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

☐ Move “trigger foods” out of sight.

My trigger foods include:

☐ Write down a positive personal thought about yourself.

________________________________________________________________________

________________________________________________________________________

☐ Read your positive personal thought on three mornings this week.

And don’t forget:

☐ Take the check-in survey about last week’s activities.

Notes & Things I Learned This Week...

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**WEEK 6: STAYING MOTIVATED**

Check off this week’s challenge activities as you finish them:

- [ ] Make a backup plan for days when you get off track.
- [ ] List three activities you can do instead of your planned workout.
  1. 
  2. 
  3. 
- [ ] Check in with your challenge buddy, a friend or family member.
- [ ] Watch this week’s on-demand Choose to Lose webinar.
- [ ] Review your challenge goals and rewrite them, if needed.
- [ ] Take the check-in survey about last week’s activities.
- [ ] Now that we’re at the halfway point, record your weight here:
  ___________ pounds

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<tr>
<th>Notes &amp; Things I Learned This Week...</th>
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### WEEK 7: STRESS LESS

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<tr>
<th>Activity</th>
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<th>TUES</th>
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<td>Take a stress break by walking two laps around your office building.</td>
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<td>Add five minutes for a meditation break.</td>
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<td>Talk to a friend or family member about what stresses you.</td>
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<td>Add your own stress-busting activity. (You can tell us what you did in</td>
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<td>next week’s check in.)</td>
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And don’t forget:

- Take the check-in survey about last week’s activities.

### WEEK 8: WATER WORKS

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<tr>
<th>Activity</th>
<th>MON</th>
<th>TUES</th>
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<th>THURS</th>
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<th>SAT</th>
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<tr>
<td>Refill your water bottle throughout each day. (In next week’s check in,</td>
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<td>we’ll ask you for the number of refills in a day.)</td>
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<td>Add sliced fruit or cucumber to water for extra flavor. Track how</td>
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<td>many times you do this.</td>
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<td>Switch out your regular drink (such as soda or juice) for water. Track</td>
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<td>how many days this week you make the swap.</td>
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And don’t forget:

- Take the check-in survey about last week’s activities.
WEEK 9: TAKE THE BROWN BAG CHALLENGE

Check off this week’s challenge activities as you finish them:

☐ Pack a healthy lunch that includes protein, whole grains and vegetables.
  What I packed:

☐ Add a side salad to your lunch today.
  ____MON  ____TUES  ____WED  ____THURS  ____FRI  ____SAT  ____SUN

☐ Skip the cookie and opt for whole fruit instead.
  ____MON  ____TUES  ____WED  ____THURS  ____FRI  ____SAT  ____SUN

☐ Add your own healthy lunch activity. (You can tell us what you did in next week’s check in.)

And don’t forget:

☐ Take the check-in survey about last week’s activities.

WEEK 10: BATTLING BOREDOM

Check off this week’s challenge activities as you finish them:

☐ Meet a friend for a walk.
  I walked with:

☐ Try a new activity today.
  Monday’s activity: ____________________________
  Tuesday’s activity: ____________________________
  Wednesday’s activity: _________________________
  Thursday’s activity: __________________________
  Friday’s activity: _____________________________
  Saturday’s activity: __________________________
  Sunday’s activity: ____________________________

☐ Take it to the next level—add a new set to your workout or pick up the pace on your walk.
  What I did:

☐ Try a new route on your walk.
  Interesting things I noticed:

And don’t forget:

☐ Take the check-in survey about last week’s activities.
WEEK 11: SNACK ATTACK

Check off this week’s challenge activities as you finish them:

☐ Track how many days you pack a healthy snack this week.
   ____ MON  ____ TUES  ____ WED  ____ THURS  ____ FRI

☐ Create a healthy snack stash in your desk drawer.
   What’s in there:

☐ Go on a scavenger hunt for healthy snacks in your office. (You can tell us what you found in next week’s check in.)
   1. ____________________________
   2. ____________________________
   3. ____________________________

And don’t forget:

☐ Take the check-in survey about last week’s activities.

WEEK 12: FINISH LINE AHEAD

Check off this week’s challenge activities as you finish them:

☐ Write down three positive things about yourself.
   1. ____________________________
   2. ____________________________
   3. ____________________________

☐ Write down how you will continue to be successful with your weight goals.
   ____________________________
   ____________________________

☐ Review your success statement three days this week.
   ____ MON  ____ TUES  ____ WED  ____ THURS  ____ FRI  ____ SAT  ____ SUN

☐ Share a progress update with your challenge buddy, friend or family member.

And don’t forget:

☐ Take the check-in survey about last week’s activities.

☐ Record your ending weight here: ___________ pounds
   (You’ll provide it in next week’s final check-in survey.)

☐ Complete your final check-in next week—and pat yourself on the back!

Notes & Things I Learned This Week...