Thank you for joining the Choose to Lose challenge. Over the next eight 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:

☐ Switch out your regular drink (such as soda or juice) for water. Track how many days you make the swap.
   ___MON ___TUES ___WED ___THURS ___FRI ___SAT ___SUN

☐ 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.

And don’t forget:

☐ Take the check-in survey about last week’s activities.
WEEK 4: 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.
   __________________________________________________________________________
   __________________________________________________________________________

And don’t forget:

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

☐ Now that we’re at the halfway point, record your weight here: __________ pounds

WEEK 5: 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.
   ___MON ___TUES ___WED ___THURS ___FRI ___SAT ___SUN

☐ Read a book or magazine before bed.
   ___MON ___TUES ___WED ___THURS ___FRI ___SAT ___SUN

☐ Take a warm bath or shower to unwind in the evening.
   ___MON ___TUES ___WED ___THURS ___FRI ___SAT ___SUN

☐ 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 6: STRESS LESS**

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. 

- [ ] Take a stress break by walking two laps around your office building.
  MON THURS FRI SAT SUN

- [ ] Take five minutes for a meditation break.
  MON THURS FRI SAT SUN

- [ ] Talk to a friend or family member about what stresses you.

- [ ] Add your own stress-busting 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 7: BATTLING BOREDOM

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

- □ **Meet a friend and 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:

- □ **Go on a scavenger hunt for healthy snacks in your office. (You can tell us what you found in next week’s check in.)**
  - ___________________________________________
  - ___________________________________________

- □ **Try a new healthy recipe, or add a new vegetable or fruit to your menu this week.**
  - What I had:

And don’t forget:

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

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**Notes & Things I Learned This Week...**

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### WEEK 8: 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! |

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### Notes & Things I Learned This Week...

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### Final Thoughts...

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