

Track your health goals with CanadianLiving.com

Week 1	Week 2	Week 3	Week 4
Dates: Jan 14-20	Dates: Jan 21-27	Dates: Jan 28 - Feb 3	Dates: Feb 4-10
Fitness goal: Go for 15-min walk at lunch Sun.: ✓ Mon.: ✓ Tues.: ✓ Wed.: x Thurs.: ✓ Fri.: ✓ Sat.: ✓	Fitness goal: Go to yoga class twice this week Sun.: ✓ Mon.: Tues.: Wed.: Thurs.: ✓ Fri.: Sat:	Fitness goal: Lift weights for 15 mins 3 days this week Sun.: Mon.: ✓ Tues.: Wed.: ✓ Thurs.: Fri.: Sat: ✓	Fitness goal: Try two new classes at gym Sun.: Mon.: Tues.: ✓ Wed.: Thurs.: Fri.: ✓ Sat:
Nutrition goal: Eat breakfast every day Sun.: Does brunch count? Mon.: ✓ Tues.: ✓ Wed.: ✓ Thurs.: ✓ Fri.: x - slept in Sat: ✓	Nutrition goal: Have fruit for afternoon snack Sun.: ✓ Mon.: ✓ Tues.: ✓ Wed.: ✓ Thurs.: ✓ Fri.: ✓ Sat: ✓	Nutrition goal: Drink water instead of pop Sun.: ✓ Mon.: ✓ Tues.: ✓ Wed.: x Thurs.: ✓ Fri.: ✓ Sat: ✓	Nutrition goal: Green tea every day Sun.: ✓ Mon.: x Tues.: ✓ Wed.: ✓ Thurs.: ✓ Fri.: ✓ Sat: ✓ - twice!