

Personal Success Tracker

Feel free to check off or add notes to each day you participate in the challenge! You can put an X, write a note, log your progress, or anything else related to your goals and the challenge!



Monday Tuesday Wednesday Thursday Friday

Week 1: Planning Your Challenge	11/4	11/5	11/6	11/7	11/8
Week 2: Debunking Nutrition Myths	11/11	11/12	11/13	11/14	11/15
Week 3: Trying Something New	11/18	11/19	11/20	11/21	11/22
Week 4: Making the Most of the Holidays	11/25	11/26	11/27	11/28	11/29
Week 5: Fitness on the Fly	12/2	12/3	12/4	12/5	12/6
Week 6: Prepping for the New Year	12/9	12/10	12/11	12/12	12/13

