

TRACKING SHEET



Maintaining a healthy lifestyle throughout the holiday season can be overwhelming. Between feasts, travel, family gatherings and other commitments that accompany this time of year, it may seem like all of your attention and energy is consumed.

Working~Well challenges you to commit to *maintaining your health through this holiday season.*

Check the corresponding box each day you successfully achieve your healthy lifestyle goals.

Week 1

VITALITY

Capacity for survival, for the continuation of a meaningful or purposeful existence.

Day 1	2	3	4	5	6	7
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Week 2

IMMUNITY

The condition that permits either natural or aquired resistance to disease.

Day 8	9	10	11	12	13	14
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Week 3

REJUVENATION

To make young again, restore to a former state, make fresh or new again.

Day 15	16	17	18	19	20	21
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