

UNSTOPPABLE

TRACKING SHEET

Working~Well challenges you to be **UNSTOPPABLE** in your daily pursuit of health.

Build momentum by taking small, consistent steps to **ADD** a healthy habit or **SUBTRACT** an unhealthy habit each week.

WEEK 1	Water & Veggies						
	Aim for 6-8 glasses of water AND 2.5 cups of vegetables each day.						
ADD	1 GLASSES CUPS	2 GLASSES CUPS	3 GLASSES CUPS	4 GLASSES CUPS	5 GLASSES CUPS	6 GLASSES CUPS	7 GLASSES CUPS
WEEK 2	Sugar & Ultra-Processed Foods						
	Limit sugar to 12g (kids), 25g (women), 35g (men) each day.						
SUBTRACT	1 GRAMS GLASSES CUPS	2 GRAMS GLASSES CUPS	3 GRAMS GLASSES CUPS	4 GRAMS GLASSES CUPS	5 GRAMS GLASSES CUPS	6 GRAMS GLASSES CUPS	7 GRAMS GLASSES CUPS
WEEK 3	Consistent Sleep Routine						
	Aim for 7 hours of sleep each night.						
ADD	1 HOURS GRAMS GLASSES CUPS	2 HOURS GRAMS GLASSES CUPS	3 HOURS GRAMS GLASSES CUPS	4 HOURS GRAMS GLASSES CUPS	5 HOURS GRAMS GLASSES CUPS	6 HOURS GRAMS GLASSES CUPS	7 HOURS GRAMS GLASSES CUPS
WEEK 4	Time Spent On Electronic Devices						
	Limit social media to 30-60 minutes, spend 3-4 hours without any screens and stop using screens 1 hour before bedtime.						
SUBTRACT	1 MEDIA OFF BED HOURS GRAMS CUPS	2 MEDIA OFF BED HOURS GRAMS CUPS	3 MEDIA OFF BED HOURS GRAMS CUPS	4 MEDIA OFF BED HOURS GRAMS CUPS	5 MEDIA OFF BED HOURS GRAMS CUPS	6 MEDIA OFF BED HOURS GRAMS CUPS	7 MEDIA OFF BED HOURS GRAMS CUPS
WEEK 5	Exercise						
	Aim for 150 minutes of moderate activity and 2 days of strength training each week.						
ADD	1 CARDIO STRENGTH MEDIA OFF BED HOURS GRAMS CUPS	2 CARDIO STRENGTH MEDIA OFF BED HOURS GRAMS CUPS	3 CARDIO STRENGTH MEDIA OFF BED HOURS GRAMS CUPS	4 CARDIO STRENGTH MEDIA OFF BED HOURS GRAMS CUPS	5 CARDIO STRENGTH MEDIA OFF BED HOURS GRAMS CUPS	6 CARDIO STRENGTH MEDIA OFF BED HOURS GRAMS CUPS	7 CARDIO STRENGTH MEDIA OFF BED HOURS GRAMS CUPS