

Session 7 Weekly Tracker

Use this page for one week's worth of tracking, then use a new page for the next week. You will need 8 pages for the 8 weeks. Please visit the TBC calendar for the latest live schedule. Do not forget to submit code words by 9:00 a.m. the following day to earn points. Nutrition information and SONA Move Challenge are submitted weekly on Mondays.

	NAME		WEEK							
	CHALLENGES MONDAY		TUESDA	Υ	WEDNESDAY		THURSDAY		FRIDAY	
1	FITNESS CODE WORD									
	MINDFULNESS CODE WORD									
2	NUTRITION INFO	MONDAY	TUESDAY	WEDNESDAY		THURSDAY		FRIDAY	TOTAL	-
	How many total fruits and vegetables did you eat?	00000	00000	00000		00000		00000)	
	How many water bottles (16oz) did you drink?	00000	00000	00000		00000		00000)	
	What is your current weight (lbs)?		#1 – Fitness and Mindfulness code words get submitted to TBC daily (starting March 15) #2 – Nutrition Info gets submitted to TBC on Mondays (starting March 22) #3 – SONA Move Challenge gets submitted to SONA on Mondays (starting March 22) NOTE: Under the "Total" column add up your weekly total for each fruit and vegetables, water bottles, and exercise minutes.							
	What is your waist circumference?									

3	SONA MOVE CHALLENGE	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
	How many minutes did you exercise?								