






Session 9 Weekly Tracker

Use this page for one week's worth of tracking, then use a new page for the next week. You will need 4 pages for the next 4 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 is submitted weekly on Mondays.

NAME _____

WEEK _____

CHALLENGES		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	FITNESS CODE WORD 					
	MINDFULNESS CODE WORD 					

NUTRITION INFO 		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TOTAL
2	How many total fruits and vegetables did you eat?	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	
	How many water bottles (16oz) did you drink?	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	○ ○ ○ ○ ○	
	What is your current weight (lbs)?						
	What is your waist circumference?						
WEEKLY NUTRITION & HYDRATION CODE WORD							

#1 – Fitness and Mindfulness code words get submitted to TBC daily (starting June 28).

#2 – Nutrition Info gets submitted to TBC on Mondays (starting July 5).

NOTE: Under the "Total" column add up your weekly total for each fruit and vegetables, water bottles, and exercise minutes.