

# STRIVE FOR 5 TRACKER

1. Identify the 2 health challenges you want to achieve during the 6-week campaign and write them at the top of each column. If WEIGHT is one of your 2 health challenges, use the last column to record your weight each week.



EAT



DRINK



MOVE



SLEEP



LOSE

Strive to eat 5 fruits and vegetables a day.

Strive to drink 5 cups of water a day.

Strive to move for 30 minutes 5 days a week.

Strive to sleep 7-8 hours 5 nights a week.

Strive to lose 5 pounds in 6 weeks.

2. Strive to meet each goal 5 times each week. Check the circle for each day you achieve your health challenge.

	GOAL 1: _____	GOAL 2: _____	WEEKLY WEIGHT: <i>Only if you are striving for Weight.</i>
<b>WEEK 1</b>	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
<b>WEEK 2</b>	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
<b>WEEK 3</b>	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
<b>WEEK 4</b>	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
<b>WEEK 5</b>	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____
<b>WEEK 6</b>	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	<input type="radio"/> MON <input type="radio"/> TUES <input type="radio"/> WED <input type="radio"/> THURS <input type="radio"/> FRI <input type="radio"/> SAT <input type="radio"/> SUN	_____

3. Submit your tracker by April 1. **PORTAL/APP:** Track at least 6 weeks in the LIVESMART portal by April 1. No other submission required. **PAPER TRACKER:** Fold this tracker in half, staple it closed, and submit to your LIVESMART Ambassador.

Name \_\_\_\_\_ Company \_\_\_\_\_ Location \_\_\_\_\_  Employee  Spouse