

{HEALTHIER YOU²⁰¹²}

Personal Tracking Sheet

NAME: _____ STARTING WEIGHT: _____

WEEK	ACTIVITY POINTS EARNED	CHECK IN WEIGHT	SMOKE FREE DAYS
Week 1 January 22-28			
Week 2 January 29- February 4			
Week 3 February 5-11			
Week 4 February 12-18			
Week 5 February 19-25			
Week 6 February 26-March 3			
Week 7 March 4-10			
Week 8 March 11-17			
Week 9 March 18-24			
Week 10 March 25-31			
Week 11 April 1-7			
Week 12 April 8-12			