

Monday _____

Notes:

Exercise: Yes (4) No (0)
 Eat Healthy: Yes (4) No (0)
 Drink Water: Yes (2) No (0)

Todays Total Credits: _____

Tuesday _____

Notes:

Exercise: Yes (4) No (0)
 Eat Healthy: Yes (4) No (0)
 Drink Water: Yes (2) No (0)

Todays Total Credits: _____

Wednesday _____

Notes:

Exercise: Yes (4) No (0)
 Eat Healthy: Yes (4) No (0)
 Drink Water: Yes (2) No (0)

Todays Total Credits: _____

Thursday _____

Notes:

Exercise: Yes (4) No (0)
 Eat Healthy: Yes (4) No (0)
 Drink Water: Yes (2) No (0)

Todays Total Credits: _____

Friday _____

Notes:

Exercise: Yes (4) No (0)
 Eat Healthy: Yes (4) No (0)
 Drink Water: Yes (2) No (0)

Todays Total Credits: _____

Saturday _____

Notes:

Exercise: Yes (4) No (0)
 Eat Healthy: Yes (4) No (0)
 Drink Water: Yes (2) No (0)

Todays Total Credits: _____

Sunday _____

Notes:

Exercise: Yes (4) No (0)
 Eat Healthy: Yes (4) No (0)
 Drink Water: Yes (2) No (0)

Todays Total Credits: _____

My Weekly Goals!

At the end of this week I will weigh: _____

My weekly credit goal is _____

My reward for keeping on track with my goals this week will be: _____

Weeks Total Credits
