**Weekly Personal Goal Tracker**

*This tracker is for your personal records only, please do not submit*

- I will fuel my body with NUTRITIOUS FOODS!
- I will aim to MOVE my body as much as I can!
- I will work to maintain BALANCE in my life!
- Other:

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**Week** | **Weight (optional)** | **Successes** | **Challenges**
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**Week 1** | 11.18 – 11.22 |  |  
**Week 2** | 11.25 - 11.29 |  |  
**Week 3** | 12.02 - 12.06 |  |  
**Week 4** | 12.09 - 12.13 |  |  
**Week 5** | 12.16 - 12.20 |  |  
**Week 6** | 12.23 - 12.27 |  |  
**Week 7** | 12.30 - 01.03 |  |  
**Week 8** | 1.06 - 01.10 |  |  

**Weight Calculation (Optional)**

<table>
<thead>
<tr>
<th>Week 1 Weight</th>
<th>Week 8 Weight</th>
<th>Change in Weight</th>
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**Hint!** If you are tracking weight, try to weigh yourself at the same time of day each week. It is normal for body weight to fluctuate daily, so don’t get discouraged if you have an off day. Remember to drink lots of fluids and limit your sodium.

More info: [www.wellness.uci.edu/healthyholidaychallenge.html](http://www.wellness.uci.edu/healthyholidaychallenge.html)