






# TRACKING CHART



Set your goals in each box and colour in each day of the program you complete.  
Each day you participate brings you one step closer to achieving your goals.

**GOAL EXAMPLES:** Exercise: Improve fitness by moving your body daily; Meals: Incorporate the five food groups into healthy meals and snacks daily; Mindfulness: Practice mindfulness and gratitude daily



Name	Exercise Goal: 							Meals Goal: 							Mindfulness Goal: 						
WEEKS	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
<b>Monday</b> Mobility & Stretch																					
<b>Tuesday</b> Strength																					
<b>Wednesday</b> Cardio																					
<b>Thursday</b> Balance & Footwork																					
<b>Friday</b> Fun Fitness																					
<b>Saturday</b>																					
<b>Sunday</b>																					

Mobility & Stretch

Strength

Cardio

Balance & Footwork

Fun Fitness

Show us your finished charts using [#healthykicks](https://twitter.com/healthykicks)

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