

GREENE WALKS WALK & MORE TRACKER

	SUN	MON	TUE	WED	THUR	FRI	SAT	TOTALS
WEEK 1 - Minutes of Walking								
WEEK 1 - Drink 8 (6-8oz) glasses of water each day								
WEEK 2 - Minutes of Walking								
WEEK 2 - Try a New Form of Exercise at least once this week (list the exercise)								
WEEK 3 - Minutes of Walking								
WEEK 3 - Eat breakfast at least 4 days this week								
WEEK 4 - Minutes of Walking								
WEEK 4 - Try a new healthy recipe this week and share								
WEEK 5 - Minutes of Walking								
WEEK 5 - Get at least 7 hrs of sleep on 3 days this week								
WEEK 6 - Minutes of Walking								
WEEK 6 - Eat 5 servings of fruits/veggies daily								
WEEK 7 - Minutes of Walking								
WEEK 7 - Try practicing Gratitude as many days as you can this week!								
WEEK 8 - Minutes of Walking								
WEEK 8 - Do at least 2 days of resistance training - this can be with body weight or weights (ie push ups, squats, crunches, etc..)								
Total Minutes Walked								