

# Weekly Tracking Tool

## Goal Card

### Instructions:

- Print or create an electronic copy of the goal card
- Track your personal points (either for your own personal use or to submit for the challenge)
- Send your points tally to Simona every Friday (for those participating in the challenge and prizes)

(note: it is your personal preference if you would like to send the full tracking or the total points for the week; do whichever is most motivating and most comfortable for you)

YOUR NAME: \_\_\_\_\_

TEAM NAME: \_\_\_\_\_

### Personal Tracking

Activity	Possible Points	Total possible points (6-weeks)		week 1 (5/22)	week 2 (5/29)	week 3 (6/5)	week 4 (6/12)	week 5 (6/19)	week 6 (6/26)
<b>Participation Points</b>									
Attending (or watching later) the 411 info session. Or reading through the 6-week challenge document in detail.	5 (total)	5							
Attending (or watching later) the Nutrition Seminar	5 (total)	5							
BONUS: group points. If everyone on your team attends/watches the nutrition seminar, add a bonus point.	1 (total)	1							
Attending the running seminar	1 (only available at HQ)	1							

### Nourishing our Minds

Write down 3 things you are grateful for (1 point for each day you do this exercise, up to 3 points per week)	up to 3 points per week	18	tally notes: ..... week's point total tracking:						
Read 5 minutes from something that inspires you (1 point for each day you do this exercise, up to 3 points per week)	up to 3 points per week	18	tally notes: ..... week's point total tracking:						
Say something genuine and kind to someone else (1 point for each time, up to 5 points per week). <small>(Hopefully this won't be necessary, but should you find yourself in a situation that warrants it, question a perspective if someone is disparaging about someone else)</small>	up to 5 points per week	30	tally notes: ..... week's point total tracking:						
Sit quietly for 5 minutes (1 point for each day you do this exercise, up to 3 points per week)	up to 3 points per week	18	tally notes: ..... week's point total tracking:						

### Nourishing our Bodies

Take a deep, conscious, cell-nourishing breath (1 point for each day you do this exercise, up to 3 points per week)	up to 3 points per week	18	tally notes: ..... week's point total tracking:						
Opt for foods that fuel your body well. Define what that means for you. Some possibilities may adding more vegetables, opting for a piece of fruit instead of a cookie.	up to 5 points per week	30	tally notes: ..... week's point total tracking:						

Opt to pass on soda, including diet soda.	up to 3 points per week	18	tally notes: week's point total tracking:						
Sufficient hydration (1 point for each day you drink enough water, up to 3 points per week)	up to 3 points per week	18	tally notes: week's point total tracking:						
Get 7-9 hours of sleep (1 point for each day you rest fully, up to 3 points per week)	up to 3 points per week	18	tally notes: week's point total tracking:						
BONUS: group points. If everyone on your team gets at least one full night sleep in the same week, add a bonus point (earn up to 1 point per week)	up to 1 point per week	6							

**Moving our Bodies**

Body in Motion. If you can still carry on a conversation easily, this is body in motion. It includes things like taking a walk (for points, walks should be 5 minutes or more), doing Tai Chi, a slow-paced swim, a Yin yoga class (1 point for each movement session, up to 5 points per week)	up to 5 points per week	30	tally notes: week's point total tracking:						
Body in Fitness. This includes whatever you do for fitness. Either attend the CrossFit Inspire workouts or do your own workout. Body in fitness is when you get your heart rate into training zone (whatever that means for your current fitness level). Typically this will be a cardio or weight workout. (1 point for each workout, up to 4 points per week)	up to 4 points per week	24	tally notes: week's point total tracking:						
BONUS: individual points. If you move your body in fitness 3 or more times in one week, earn 2 bonus points	2 points per week	12							
BONUS: group points. If everyone on your team works out 3 or more times in one week AND works out together at least one time in a week, add a bonus point (earn 1 point per week)	1 point per week	6	tally notes: week's point total tracking:						
Posture. One point for each time you notice and adjust your posture while working or driving (earn up to 3 points per week)	up to 3 points per week	18	tally notes: week's point total tracking:						

**Total**

Bonus points: bonus point for every week you do one act towards your well-being	up to 6 points	6							
<b>Total points</b>		<b>300</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Personal challenge total</b>		<b>0</b>							