



**WORKING FOR A**  
**HEALTHIER TN**



# Healthy Habits Challenge Tracker

Name \_\_\_\_\_

Department \_\_\_\_\_

✓ each day you complete a healthy habit. Aim to check-off as many healthy habits as possible.

WEEK	HEALTHY HABITS	MON	TUES	WED	THURS	FRI	SAT	SUN	Total # of Habits Completed
Week 1	Drink at least 64 ounces of water.								
Week 2	Drink at least 64 ounces of water.								
	Do 15+ minutes of physical activity.								
Week 3	Drink at least 64 ounces of water.								
	Do 15+ minutes of physical activity.								
	Enjoy lunch with no distractions.								
Week 4	Drink at least 64 ounces of water.								
	Do 15+ minutes of physical activity.								
	Enjoy lunch with no distractions.								
	Complete one act of kindness – for yourself or someone else.								



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