

Lighten Up

Goal Tracking Sheet

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	Set a weekly goal that works for you.	Weekly Progress Give yourself a check mark each day you make progress toward your goal.							Weekly Challenge Completed
Week 1: Nutrition Basics		M	T	W	Th	F	Sa	Su	
Week 2: Healthy Cooking and Meal Planning		M	T	W	Th	F	Sa	Su	
Week 3: Grocery Shopping Basics		M	T	W	Th	F	Sa	Su	
Week 4: Dining Out and Sensible Snacking		M	T	W	Th	F	Sa	Su	
Week 5: Behavior Change		M	T	W	Th	F	Sa	Su	
Week 6: Physical Activity		M	T	W	Th	F	Sa	Su	
Week 7: Emotional Eating		M	T	W	Th	F	Sa	Su	
Week 8: The Weight Loss Plateau		M	T	W	Th	F	Sa	Su	

My motivations for participating in Lighten Up:

Name: