

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Week #: 1

### Weekly Check In

#### **This Past Week, How Many Days Did You:**

- |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1. Eat at least 3 fruits and vegetables | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. Exercise                             | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Drink Soda or Alcohol                | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. Eat Fast Food                        | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

#### **Goal for the next 6 Weeks**

(Challenging yet Reachable, Specific & Measurable, Under Your Control):

\_\_\_\_\_

Plan: 2 Things you can do **THIS WEEK** to work towards your goal:

1. \_\_\_\_\_
2. \_\_\_\_\_

**How did you find out about the Class?**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Week #: \_\_\_\_\_

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#### **This Past Week, How Many Days Did You:**

- |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 1. Eat at least 3 fruits and vegetables | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. Exercise                             | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Drink Soda or Alcohol                | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. Eat Fast Food                        | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**Class Goal:** \_\_\_\_\_

Progress: \_\_\_\_\_

What did you do this past week to work towards your goal?

1. \_\_\_\_\_

2. \_\_\_\_\_

2 Things you can do **THIS WEEK** to work towards your goal:

1. \_\_\_\_\_

2. \_\_\_\_\_

**Comments, Suggestions, Questions**