

January 2023

Habit Tracker

THE CHALLENGE:

- Complete 30 minutes of active movement and drink 64 oz (half a gallon) of water at least 5 days a week for the month of January.
- Fill in this habit tracker and turn in to your branch wellness coordinator at the end of the month to be entered in a raffle!
- Working out with a partner can help keep you motivated. Your spouses are encouraged to participate, too!

PRIZES:

After submitting your completed habit tracker, you will be entered in a raffle. Four names will be drawn at the end of the month and winners will receive a \$25 gift card to Dick's Sporting Goods.

ACTIVE MOVEMENT IDEAS:

- "Atlantic Wellness Workouts with Trevor" videos on YouTube (2 videos = ~30 minutes).
- Any YouTube workout videos
- Walking your dog
- Lifting weights
- Attending a fitness class
- Active yard work
- Playing sports
- Running/jogging



NAME: _____

Week 1 | Jan 8 – 14

30 Minutes of Active Movement

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Drink 64 oz of Water

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Week 2 | Jan 15 – 21

30 Minutes of Active Movement

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Drink 64 oz of Water

| | | | | |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Week 3 | Jan 22 – 28

30 Minutes of Active Movement

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Drink 64 oz of Water

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Week 4 | Jan 29 – Feb 4

30 Minutes of Active Movement

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Drink 64 oz of Water

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|