

## "Pop" Challenge #2: Daily/ Monthly Progress Tracking

This challenge is part of "Pop" challenge #1, goal setting. In this challenge, you will take your goals you made in part one and make daily tasks you will perform to help meet those goals on this chart. You must track at least 5 daily goals/ tasks on this sheet. For each day you accomplish this task in the month you will color in the box corresponding to the day. Let's say you have a goal to lose 5 pounds a month. That is great, but what daily tasks or goals will help you get there? Some examples of daily tasks may be; do not eat after 7pm, drink 80 ounces of water a day, fill out your food journal, and get to the gym 4 times a week. You would write all three of these goals on the progress tracker and then daily you would color in the corresponding boxes to the date of the month. Notice three of those goals you would want to try to accomplish everyday (not eating after 7pm, filling out your food journal and drinking 80 ounces of water). So you would want to try to get every box for the month filled in. The third goal, getting to the gym 4 times a week, you want to accomplish at least 4 of 7 days, so not all boxes may be filled in, and that is ok! You will track 5 tasks you create this way and **leave in the biggest loser box by the scale or email me a pdf of your chart by Sunday, December 8th**. You must start logging by the 12th when your goals are due (or earlier) and continue through November 30th. From there, you can choose if you would like to continue using this tracking method and I will not be checking any more sheets. I do not expect anyone to be perfect everyday, and I am just looking to see that you honestly tracked your progress and if this is a tool that can help get you to your goal, because getting to your goal is what this is all about! Each person that turns in their completed sheet to the box or by email on time, will earn 6 points for their team.