



28-Day eHealth Challenge Tracker

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Su <input type="checkbox"/> Water (1 pt.) <input type="checkbox"/> Eating (1 pt.) <input type="checkbox"/> Exercise (1 pt.) <input type="checkbox"/> Learning (1 pt.) <input type="checkbox"/> Sleep (1 pt.)	<p>Give yourself 1 pt. for practicing healthy habits in each of the 5 areas listed for each day!</p> <p>Week 1 Pts: _____ (35 total possible) Week 2 Pts: _____ (35 total possible) My Total Points: _____</p> <p>Week 3 Pts: _____ (35 total possible) Week 4 Pts: _____ (35 total possible) Total Points Possible: 140</p> <p>(120+ = Extraordinary Effort & Commitment, 119-89 = Good Effort & Commitment, <89 = Average Effort & Commitment)</p>					

YOUR FULL NAME: _____

YOUR 28-DAY GOALS: (Please be specific in what you'd like to achieve, do or have i.e. I will weigh X lbs, I will have exercised X days for X min. a day, etc.)
