

G	E	T	F	I	T
Workout 3 times this week	I don't smoke!	Sugar free for 1 week	Hit 10,000 steps on a pedometer	8 glasses of water daily for 7 days	1 hour of exercise today
Made meals for the week on Sunday	5 Servings of Fruits and Vegetables today	Top of S Mountain, from the bottom	Rode/walked to work 3 times this week	Walked the dog for an hour	Skied, boarded, or snowshoed a new route
Tried a sport that I've never played before	Wrote down everything I ate for 1 week	Biked for 30 minutes today	Protein at all 3 meals today	Ate a meal at the table with my family	Only 1 hour of screen time for 7 days
No TV today	Played a game outside with my kids	Brought a friend or guest to workout with me	Swam for 30 minutes today	No junk food all day	Stretch every day for 7 days
Walked to the store today	Did a trail I haven't done before	1 or more hours of sunshine today	Alcohol free for 1 week	Attended a Yoga or other fitness class	Cooked each meal today
Attended a dance, pilates, or water fitness class	Volunteered 1 hour this week	Veggies at all 3 meals today	Played with my kids at the park	Workout 4 times this week	Walk 30 minutes a day for 7 days