Week 1
Fill in weekly challenge and personal goal each week. Check boxes when activity is completed.

☐ The weekly challenge is: BEGIN COMPLETING FOOD JOURNAL AND EXERCISE JOURNAL ON 5 OF 7 DAYS

☐ My personal goal to work on this week is: ______________________________________________________
   (WRITE IN ONE PERSONAL HEALTH GOAL)

Additional points will be provided at each meeting for attendance and weight loss.

List the number of “miles” of exercise accumulated this week: ________________________
(LOOK AT YOUR EXERCISE LOG TO DETERMINE HOW MANY “MILES” YOU HAVE ACCUMULATED
   BASED ON THE AMOUNT OF EXERCISE PERFORMED)
Week 2
Fill in weekly challenge and personal goal each week. Check boxes when activity is completed.

☐ The weekly challenge is: ____________________________________________________________

☐ My personal goal to work on this week is: _____________________________________________

☐ I will make contact with my accountability partner.

☐ I will keep a food journal at least 5 days this week.

☐ I will keep an exercise journal at least 5 days this week.

☐ Additional points available for completing an Exercise is Medicine route on campus.
   List route, if completed: ____________________________________________________________

Additional points will be provided at each meeting for attendance and weight loss.

List the number of “miles” of exercise accumulated this week: ___________________________
Step Up to Slim Down
Weekly Points Tracking

Week 3
Fill in weekly challenge and personal goal each week. Check boxes when activity is completed.

☐ The weekly challenge is: _____________________________________________________________

☐ My personal goal to work on this week is: _____________________________________________

☐ I will make contact with my accountability partner.

☐ I will keep a food journal at least 5 days this week.

☐ I will keep an exercise journal at least 5 days this week.

☐ Additional points available for completing an Exercise is Medicine route on campus.
  List route, if completed: ___________________________________________________________

Additional points will be provided at each meeting for attendance and weight loss.

List the number of “miles” of exercise accumulated this week: ________________________
Step Up to Slim Down
Weekly Points Tracking

Week 4
Fill in weekly challenge and personal goal each week. Check boxes when activity is completed.

☐ The weekly challenge is: ____________________________________________________________

☐ My personal goal to work on this week is: ____________________________________________

☐ I will make contact with my accountability partner.

☐ I will keep a food journal at least 5 days this week.

☐ I will keep an exercise journal at least 5 days this week.

☐ Additional points available for completing an Exercise is Medicine route on campus.
   List route, if completed: __________________________________________________________

Additional points will be provided at each meeting for attendance and weight loss.

List the number of “miles” of exercise accumulated this week: ________________________
Week 5
Fill in weekly challenge and personal goal each week. Check boxes when activity is completed.

☐ The weekly challenge is: ________________________________________________________________

☐ My personal goal to work on this week is: ________________________________________________

☐ I will make contact with my accountability partner.

☐ I will keep a food journal at least 5 days this week.

☐ I will keep an exercise journal at least 5 days this week.

☐ Additional points available for completing an Exercise is Medicine route on campus.
   List route, if completed: _____________________________________________________________

Additional points will be provided at each meeting for attendance and weight loss.

List the number of “miles” of exercise accumulated this week: ____________________________
Step Up to Slim Down
Weekly Points Tracking

Week 6
Fill in weekly challenge and personal goal each week. Check boxes when activity is completed.

☐ The weekly challenge is: __________________________________________________________

☐ My personal goal to work on this week is: ____________________________________________

☐ I will make contact with my accountability partner.

☐ I will keep a food journal at least 5 days this week.

☐ I will keep an exercise journal at least 5 days this week.

☐ Additional points available for completing an Exercise is Medicine route on campus.
   List route, if completed: ______________________________________________________

Additional points will be provided at each meeting for attendance and weight loss.

List the number of “miles” of exercise accumulated this week: ________________________
Step Up to Slim Down
Weekly Points Tracking

Week 7
Fill in weekly challenge and personal goal each week. Check boxes when activity is completed.

☐ The weekly challenge is: ______________________________________________________________________

☐ My personal goal to work on this week is:  ______________________________________________________

☐ I will make contact with my accountability partner.

☐ I will keep a food journal at least 5 days this week.

☐ I will keep an exercise journal at least 5 days this week.

☐ Additional points available for completing an Exercise is Medicine route on campus.
   List route, if completed: ____________________________________________

Additional points will be provided at each meeting for attendance and weight loss.

List the number of “miles” of exercise accumulated this week: ________________________
Week 8
Fill in weekly challenge and personal goal each week. Check boxes when activity is completed.

☐ The weekly challenge is: ________________________________

☐ My personal goal to work on this week is: ________________________________

☐ I will make contact with my accountability partner.

☐ I will keep a food journal at least 5 days this week.

☐ I will keep an exercise journal at least 5 days this week.

☐ Additional points available for completing an Exercise is Medicine route on campus.
   List route, if completed: ________________________________

Additional points will be provided at each meeting for attendance and weight loss.

List the number of “miles” of exercise accumulated this week: ________________________