



Heart Matters

28 Days Celebrating Heart Health

The heart healthy habit I'm working on is:

(e.g., walk 30 minutes a day, drink 64 ounces of water before 6 p.m., add a serving of vegetables to each dinner, etc.)

Keep this sheet handy to track your progress. This tracker is for personal use only.

My specific week 1 goal:

- ☐ 2/1: _____
- ☐ 2/2: _____
- ☐ 2/3: _____
- ☐ 2/4: _____
- ☐ 2/5: _____
- ☐ 2/6: _____
- ☐ 2/7: _____

My specific week 2 goal:

- ☐ 2/8: _____
- ☐ 2/9: _____
- ☐ 2/10: _____
- ☐ 2/11: _____
- ☐ 2/12: _____
- ☐ 2/13: _____
- ☐ 2/14: _____

My specific week 3 goal:

- ☐ 2/15: _____
- ☐ 2/16: _____
- ☐ 2/17: _____
- ☐ 2/18: _____
- ☐ 2/19: _____
- ☐ 2/20: _____
- ☐ 2/21: _____

My specific week 4 goal:

- ☐ 2/22: _____
- ☐ 2/23: _____
- ☐ 2/24: _____
- ☐ 2/25: _____
- ☐ 2/26: _____
- ☐ 2/27: _____
- ☐ 2/28: _____

Join weekly "Lunch and Learns" on Zoom each Wednesday from 12:15-12:45 p.m.

Every Monday you will receive an email with a link to submit your weekly goal progress. Log your goal completion rate before midnight to be entered in the prize drawing. You can also log your progress at searchc.org/heartmatters.