



# 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 [searhc.org/heartmatters](http://searhc.org/heartmatters).