



Heart Matters

29-Day Health Challenge

The heart healthy habit I'm working on is:

(e.g. walk 30 minutes daily, sleep eight hours a night, add a serving of vegetables to every dinner, etc.)

Keep this sheet handy to track your daily personal progress and take notes each day.

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: _____
- 2/29: _____

Join us weekly for our virtual education series every Thursday from 12:15 - 12:45 p.m.

Every Wednesday you will receive an email with a link to submit your weekly goal progress. If you don't receive the email contact kgrumbles@searhc.org. Submit your personal progress by midnight to be entered in the prize drawing. This paper tracker is for personal use only.