



Hope, Health and Happiness Holiday Challenge Tracker!

December 7 – January 9

Keep track each week of what you accomplish. Keep it simple. Use tally marks or check marks!

Celebrate what you accomplish... not what you don't! Every step you take toward doing something for your physical and emotional health will make a big difference! Each week, we will have a check in on at The Encouraging Home where you can celebrate your accomplishments and I will choose random winners.

Don't forget to print out the daily planner to help you along the way at TheEncouragingHome.com/holidaychallenge

We are going to be talking about the following categories:

Water: Keep hydrated! Aim for half your body weight in water.

Exercise: Exercise doesn't have to be long & difficult. Walk, play with your kids, move daily.

Sleep: This is a must! Try to get into bed by 10 of 11 pm if you can.

Healthy Eating: Try to make some healthy choices along the way as you enjoy all the great comfort food.

Self Care: Take care of you... supplements, something you enjoy to relax, etc...

Celebrate: The holidays are important. Don't be too busy to celebrate the season!

Week 1: December 7 - 12

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water							
Sleep							
Exercise							
Food							
Self Care							
Celebrate							

Week 2: December 13 - 19

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water							
Sleep							
Exercise							
Food							
Self Care							
Celebrate							

Week 3: December 20 - 26

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water							
Sleep							
Exercise							
Food							
Self Care							
Celebrate							

Week 4: December 27 - January 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water							
Sleep							
Exercise							
Food							
Self Care							
Celebrate							

Week 5: January 3 - 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water							
Sleep							
Exercise							
Food							
Self Care							
Celebrate							