

INSTRUCTIONS:

Step 1: Download or save editable PDF to your computer.

Step 3: Print a copy or use form fill out tool to keep track.



United Way of Wisconsin



# 21-Week Challenge Tracking Tool

*Tip: diversify your habits by doing some of each.*

| Week    | Read | Watch | Listen | Reflect | Act | Notes                                                                                                  |
|---------|------|-------|--------|---------|-----|--------------------------------------------------------------------------------------------------------|
| Example |      |       |        |         | ✓   | <i>Signed up for challenge &amp; invited social networks to join. Plan to write weekly reflection.</i> |
| 1       |      |       |        |         |     |                                                                                                        |
| 2       |      |       |        |         |     |                                                                                                        |
| 3       |      |       |        |         |     |                                                                                                        |
| 4       |      |       |        |         |     |                                                                                                        |
| 5       |      |       |        |         |     |                                                                                                        |
| 6       |      |       |        |         |     |                                                                                                        |
| 7       |      |       |        |         |     |                                                                                                        |
| 8       |      |       |        |         |     |                                                                                                        |
| 9       |      |       |        |         |     |                                                                                                        |
| 10      |      |       |        |         |     |                                                                                                        |
| 11      |      |       |        |         |     |                                                                                                        |
| 12      |      |       |        |         |     |                                                                                                        |
| 13      |      |       |        |         |     |                                                                                                        |
| 14      |      |       |        |         |     |                                                                                                        |
| 15      |      |       |        |         |     |                                                                                                        |
| 16      |      |       |        |         |     |                                                                                                        |
| 17      |      |       |        |         |     |                                                                                                        |
| 18      |      |       |        |         |     |                                                                                                        |
| 19      |      |       |        |         |     |                                                                                                        |
| 20      |      |       |        |         |     |                                                                                                        |
| 21      |      |       |        |         |     |                                                                                                        |