



Challenge: Successful Changes

Setting a health and/or wellness goal for the new year? Why not try breaking it down into small, manageable steps? Here's a jump start...My goal this month is: _____.

INSTRUCTIONS: Give yourself two (2) points for every day you follow through on your goal, whether it's packing your lunch instead of eating out, choosing fruit instead of chocolate or drinking an extra water a day.

Name: _____ Member Number: _____

Sunday	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Saturday 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	19	20	21	22	23	24
25	26	27	28	29	30	31

Did you earn 50 points this month? Submit your points by **FEBRUARY 4, 2026** to be entered in the prize drawing.



Total Points for the Month

*Please note that this challenge is **not** intended to replace medical advice. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.

JANUARY 2026



Tracking Sheet