



## Alternative WELLNESS Solutions Week *Tracker*

Day	To-Do	✓
Make a Goal Monday	My S.M.A.R.T. Goal this week is to:	
Take a Walk Tuesday	Go on at least one 10-minute walk!	
Waste Not Wednesday	I reduced food waste by:	
Think Positive Thursday	My positive thought today was:	
Feel Good Friday	This made me feel good this Friday:	

*Return to your Wellness Council representative at end of challenge.*

NAME: \_\_\_\_\_

DEPT: \_\_\_\_\_