

# CHALLENGE CHART

Plan for Week beginning (date) \_\_\_\_\_

1) I will activate my body this week by \_\_\_\_\_

(Specify at least three exercise activities or one kind of activity you plan to accomplish three times, the time you will spend on these activities and/or how you will measure the completion of these activities. For example: walk for 30 minutes OR walk 2 miles.)

The days I plan to do this activity (Write the activity on the day you plan to do it.)	The time I plan to do this activity (Specify the time you plan to do this activity.)	I accomplished this activity (Either check off your success or specify change needed to succeed.)
Mon.	_____ a.m. _____ p.m.	
Tues.	_____ a.m. _____ p.m.	
Wed.	_____ a.m. _____ p.m.	
Thurs.	_____ a.m. _____ p.m.	
Fri.	_____ a.m. _____ p.m.	
Sat.	_____ a.m. _____ p.m.	
Sun.	_____ a.m. _____ p.m.	

2) I will structure my eating plan/choices this week by \_\_\_\_\_

\_\_\_\_\_. (Specify how you will eat.)

3) I will work on the Bible study each day at the following times:

Day	The time I plan to work on the Bible study. (Specify the time you plan to do this activity.)	I accomplished this. (Either check off your success or specify change needed to succeed.)
Mon.	_____ a.m. _____ p.m.	
Tues.	_____ a.m. _____ p.m.	
Wed.	_____ a.m. _____ p.m.	
Thurs.	_____ a.m. _____ p.m.	
Fri.	_____ a.m. _____ p.m.	
Sat.	_____ a.m. _____ p.m.	
Sun.	_____ a.m. _____ p.m.	

Signed: \_\_\_\_\_

Dated: \_\_\_\_\_

My trouble spots or triggers this week: \_\_\_\_\_

My successes and bright spots this week: \_\_\_\_\_