



# Week Eight Challenges

## Fitness Training

**Cardio training:** *Increase your cardiovascular activities to 4-5 days this week for 45 minute workouts. Take a hike! Get outside and enjoy some fresh spring air.*

*Circle or bold the days you worked out.*

Mon   Tues   Wed   Thurs   Fri   Sat   Sun

## Wellness

**Food tracker:** If you have to write it down, you will pause and make healthier choices. Track everything you eat this week. There are many different apps that make tracking easy. Check out this one submitted by Kristina, a Commit to Fit participant.

Mon   Tues   Wed   Thurs   Fri   Sat   Sun

## Healthy Eating

How can you eat healthier? Preparation is key. Homemade meals are also the best way to track everything you eat, including all ingredients and the amount used. For this week, track everything and aim to make every meal at home. If you can't make all your meals, commit to all lunches or dinners (the meals you are more likely to buy).

# Week Eight Goals

**My personal goal this week:** Choose another measurable goal for you to work towards this week.

**How did you do?**



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## Week Eight



Food Log	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Snacks							
Lunch							
Snacks							
Dinner							





# Your Progress Tracker

## OPTIONAL tools to help you track your progress

**Water Intake:** *Canada's Food Guide recommends eight glasses of water per day.  
Record the # of glasses each day.*

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

**Body Measurement:** *Week-to-week - see your increased muscle mass OR inches you've lost.*

Week	Chest	Waist	Hips	Bicep	Thigh	Calf
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

**Weight:** *If weight loss is your goal, watch these numbers go down.*

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
LBS										
KG										

