

Sample

INDIVIDUAL EVENT/CHALLENGE/GOAL TRACKER

NAME: First & Last Name Dept. Name

POINTS: 5=Outside Entity 10=County Sponsored 20=Personal Goals

DATE	EVENT/CHALLENGE/GOAL	POINTS
6/23	Dentist- Wellness Check	25
June	June Monthly Goal	10
June	Water Challenge	25.5
7/5	4 th of July Virtual 5K	20
7/8	PT- Wellness Check	25
7/20	PT- Wellness Check	25
July	Great Outdoors Photo Challenge x3	30
July	July Monthly Goal	10
8/5	Bloodwork- Wellness Check	25
August	August Monthly Goal	10
August	Digital Detox	30
August	Stair Challenge	20
June	Monthly Gym Challenge	20
August	Monthly Gym Challenge	20
June	Savings Challenge	10
July	Savings Challenge	10
August	Savings Challenge	10
June-August	Up Your Game	20
June-August	Quarterly Goal	30
June-August	Healthy Snack Challenge	10
June-August	Kept New Years Resolution	15
	Total:	400.5 points
	Walk Humboldt County Total For Quarter:	232.5 mi

June

NOTES:

Jun 19 Juneteenth

Monthly June Goals: ■

Ride bike to work at least 3 days a week

Quarterly June-Aug. Goal: ■

Lose 10 lbs., weigh in weekly

Quarterly New Years Resolution 2025

Monthly Savings Challenge ■

Monthly Water Challenge ■

Quarterly Up your Game ■ Increase squat weight

Monthly Gym Challenge ■

Quarterly Healthy Snack Challenge

Prep 1 daily healthy snack for the week

Quarterly Wellness Checks: Dentist 6/23

Yearly Total Miles: 82.6

2025

SUN	MON	TUE	WED	THU	FRI	SAT
1 ●●●●●	2 ●●●●●	3 ●●●●●	4 ●●●●●	5 ●●●●●	6 ●●●●●	7 ●●●●●
8 ●●●●●	9 ●●●●● ½ pt. water	10 ●●●●●	11 ●●●●●	12 ●●●●●	13 ●●●●● ½ pt. water	14 ●●●●●
15 ●●●●●	16 ●●●●● ½ pt. water	17 ●●●●●	18 ●●●●●	19 ●●●●●	20 ●●●●●	21 ●●●●● ½ pt. water
22 ●●●●●	23 ●●●●● ½ pt. water	24 ●●●●●	25 ●●●●●	26 ●●●●●	27 ●●●●●	28 ●●●●●
29 ●●●●●	30 ●●●●● ½ pt. water					