

Shaping Up Monroe County

Monthly Tracking

Turn in at class at the end of each month! There will be prizes for the most points AND those of you that turn it in each month will receive a fun reward at the end of the program!

NAME: _____

MONTH: _____

1 Point for each day you write in your food journal AND categorize your food group!

1 Point for every Jazzercise Class you come to!

5 points each week for setting a goal you have yet to achieve and for making that goal!

5 points for each Sunday coaching session you come to – if you can't come to the coaching session, check in by email to receive the 5 points!

Each square represents a day of journaling - X off if you journaled and categorized!

Each square represents a Jazzercise class - X off each time you come to class

Weekly Goals

Week 1 _____ Accomplished? _____

Week 2 _____ Accomplished? _____

Week 3 _____ Accomplished? _____

Week 4 _____ Accomplished? _____

Total number of coaching sessions attended this month? _____