

FOCUS CHALLENGE TRACKER



PILLAR BUILDING GOAL

Example: Drink 64 ounces of water 5 days a week.

PRIZE

WEEK ONE

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK TWO

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK THREE

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK FOUR

MON.	TUE.	WED.	THU.	FRI.	SAT.	SUN.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAYS TO ADD-ON:

**POST THAT YOU REACHED
YOUR GOAL BY 10 AM
CENTRAL TIME MONDAY
FOR WEEK PRIOR**



*If you almost hit
your goal but need
more time!*