



## Signs of success

Seeing signs of your success can help keep you motivated on your health journey.

You and your family might be working towards shared goals and using a tracker is a great way to stay on track. It helps you see your progress, stay motivated, and celebrate your wins together.

Review our example trackers and then work with your family to create your own. Don't forget to check in, review, and adjust as needed.

Remember to celebrate your success no matter how small. Lots of small changes over time can make a big difference in the long term!

**Our goal:** Enjoy a family dinner together three times a week.

**How we will celebrate:** Each night, add a note to a 'jar of good moments' from the day. At the end of the week, we'll read them out loud during a special themed dinner night—like DIY burrito night or breakfast-for-dinner.

|        | M | T | W | T | F | S | S | Reflection  |
|--------|---|---|---|---|---|---|---|---|
| WEEK 1 |   |   |   | > |   | > |   | On Tuesday Bill had to work late and missed family dinner. Next week we will choose our family dinner days      |
| WEEK 2 | > |   |   | > |   | > |   | We ate 3 family dinners this week. Next week we will choose easier meals so that we can eat earlier in the day. |
| WEEK 3 |   |   |   | > |   |   |   |   |
| WEEK 4 | > |   |   | > |   |   |   |   |

**Our goal:** Take one active outing together every weekend.

**How we will celebrate:** Take turns choosing the activity we love to do.

|        | M | T | W | T | F | S | S | Reflection  |
|--------|---|---|---|---|---|---|---|---|
| WEEK 1 |   |   |   |   |   | > |   | Sam chose the first active outing to the park. It took a lot of time for us to leave the house. I will keep a packed bag to make it easier for our next trip. |
| WEEK 2 |   |   |   |   |   |   |   |   |
| WEEK 3 |   |   |   |   |   |   | > |   |
| WEEK 4 |   |   |   |   |   | > |   |   |

### Key Partners

# Signs of success



## Your turn:

Our goal:

How we will celebrate:

|      |   | M | T | W | T | F | S | S | Reflection |
|------|---|---|---|---|---|---|---|---|------------|
| WEEK | 1 |   |   |   |   |   |   |   |            |
|      | 2 |   |   |   |   |   |   |   |            |
|      | 3 |   |   |   |   |   |   |   |            |
|      | 4 |   |   |   |   |   |   |   |            |

Our goal:

How we will celebrate:

|      |   | M | T | W | T | F | S | S | Reflection |
|------|---|---|---|---|---|---|---|---|------------|
| WEEK | 1 |   |   |   |   |   |   |   |            |
|      | 2 |   |   |   |   |   |   |   |            |
|      | 3 |   |   |   |   |   |   |   |            |
|      | 4 |   |   |   |   |   |   |   |            |