

26-Week Challenge Worksheet

Start date: _____ Target end date: _____

Check when completed

	Date	Action	Notes	<input checked="" type="checkbox"/>
Week 1				<input type="checkbox"/>
Week 2				<input type="checkbox"/>
Week 3				<input type="checkbox"/>
Week 4				<input type="checkbox"/>
Week 5				<input type="checkbox"/>
Week 6				<input type="checkbox"/>
Week 7				<input type="checkbox"/>
Week 8				<input type="checkbox"/>
Week 9				<input type="checkbox"/>
Week 10				<input type="checkbox"/>
Week 11				<input type="checkbox"/>
Week 12				<input type="checkbox"/>
Week 13				<input type="checkbox"/>
Week 14				<input type="checkbox"/>
Week 15				<input type="checkbox"/>
Week 16				<input type="checkbox"/>
Week 17				<input type="checkbox"/>
Week 18				<input type="checkbox"/>
Week 19				<input type="checkbox"/>
Week 20				<input type="checkbox"/>
Week 21				<input type="checkbox"/>
Week 22				<input type="checkbox"/>
Week 23				<input type="checkbox"/>
Week 24				<input type="checkbox"/>
Week 25				<input type="checkbox"/>
Week 26				<input type="checkbox"/>