



Program  
Designer and Coach:  
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**WEEK 1** Worksheet      DATE: \_\_\_\_\_

OVERALL Recap: \_\_\_\_\_

\_\_\_\_\_

Accomplishments: 1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## YOUR WEEK 1 Worksheet

At the beginning of the first week of SATGE2.MOVE, please Print and Complete (by hand) each day throughout your week. At the end of the first week, drop off or email photos of the completed pages to your Health Coach. *(If you prefer, upon request, an email of this worksheet can be emailed to you instead)*

### 1. Monitor your Meal Times:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

### 2. Monitor your Steps:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Total Steps (from fitbit)							

### 3. Monitor your Sleep Time:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Total Sleep (Hrs:Min)							

### 4. Please list your Top 2 "Stressors"... *and what you are doing to cope/manage them.*

1.

\_\_\_\_\_

2.

\_\_\_\_\_

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5. What have we missed that you'd like your Health Coach to know?

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**THANK YOU for SHARING!!**