

# GOLD MEDAL TRACKER



## WEEK 2: BALANCE & PRECISION – SHARPEN YOUR SKILLS

Track your Week 2 activities and points as you work on stability, precision, and mindful choices. Complete your chosen events, stay intentional, and see your skills sharpen as you move closer to your medal.

### 5 POINT ACTIVITIES

- Brain Game:** Sharpen your focus with a puzzle, brain teaser, or memory challenge.
- Chill & Recharge:** Step outside or look out a window for 5 minutes and notice your surroundings—a mini visual reset.
- Athlete's Energy Boost:** Grab a healthy snack to power through your day.
- Sportsmanship Spotlight:** Take a moment to recognize a colleague's effort or win.
- Mental Training Lap:** Identify your top distraction and remove it to stay on track.
- Water Station Stop:** Swap one sugary drink for water and keep your energy strong.

### 10 POINT ACTIVITIES

- Calm Before the Start:** Spot one source of stress and create a quick strategy to manage it.
- Mindful Meal:** Eat slowly, enjoy each bite, and fuel your body with intention.
- Precision Sweep:** Declutter one digital or physical space to make room for focus.
- Balance & Flexibility Training:** Take 10 minutes to build stability and flexibility using yoga, stretching, or core-focused movements.
- Mental Warm-Up:** Take 10 minutes to practice mindfulness or meditation, centering your mind like an athlete before a big event.
- Subscription Audit:** Compare two recurring subscriptions, bills, or services—cancel, downgrade, or move one to savings.

### 15 POINT ACTIVITIES

- Mental Checkpoint:** Pause at three points today to recognize how you feel and keep your mental game strong.
- Precision Visualization:** Imagine completing your perfect day, then write down 3 actions to make it real.
- Recovery Zone:** Improve your sleep environment by reducing noise, light, or distractions in your bedroom.
- Financial Training Check-In:** Track a full day of spending and make one smart adjustment to stay on course.

**TOTAL POINTS EARNED:**