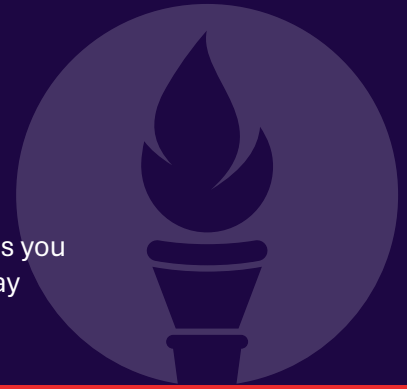


# GOLD MEDAL TRACKER

## WEEK 1: OPENING CEREMONIES - BUILD YOUR FOUNDATION

Track your journey to the podium! Use this sheet to log your Week 1 activities and points as you focus on building a strong foundation for the challenge. Complete your chosen events, stay consistent, and watch your progress grow as you move closer to your medal.



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POINT  
ACTIVITIES

- ☐ **Breakfast of Champions:** Choose a breakfast with protein, fruit, or whole grains.
- ☐ **Winter Games Teammate:** Invite a colleague to participate in the challenge.
- ☐ **Official Time-Out:** Take a 5-minute break from your screen to reset your mind and body.
- ☐ **Inner Champion:** Create a personal motto to boost confidence and focus.
- ☐ **Resource Relay:** Review one benefit or financial resource available to you.
- ☐ **Gold Medal Start:** Hydrate first thing in the morning and set the pace for peak performance.

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POINT  
ACTIVITIES

- ☐ **Champion's Plate:** Fuel your performance by adding a side of vegetables to your dinner.
- ☐ **Recovery Routine:** Set and follow a consistent sleep and wake schedule to power through your week.
- ☐ **Clear the Course:** Identify one meeting, task, or time block you can adjust to reduce stress.
- ☐ **Savings Sprint:** Identify one small way to save this week (skip a coffee, pack lunch, cancel a subscription).

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POINT  
ACTIVITIES

- ☐ **Medal Mindset:** Write down 3 wellbeing goals for the month.
- ☐ **Warm-Up for Gold:** Spend 20 minutes walking, stretching, or doing yoga to get your body ready for the big event.
- ☐ **Gold Medal Focus Drill:** Set a timer for 15 minutes and work on one task without distractions.
- ☐ **Automatic Action:** Set up an automatic transfer to a savings account or retirement fund—even a small amount counts.

TOTAL POINTS EARNED: