



Track your progress

Tick off each day as you complete your daily goal – every small step adds up!

Week 1

MY GOALS

M	T	W	T	F	S	S

Week 2

M	T	W	T	F	S	S

Week 3

M	T	W	T	F	S	S

Week 4

M	T	W	T	F	S	S

Week 5

MY GOALS

M	T	W	T	F	S	S

Week 6

M	T	W	T	F	S	S

Week 7

M	T	W	T	F	S	S

Enjoy the
journey and
have fun!



Participation in this health and wellness challenge is voluntary and undertaken at your own risk. The De Beers Benefit Society does not accept any responsibility or liability for injuries, illnesses or other health-related issues that may arise from participation. Members are encouraged to consult with a healthcare professional before making significant changes to their exercise or dietary routines.