


INCENTIVE CHART

I have my heart set on _____

Give each member a copy of this chart. Ask each of them to decide on a goal for February—something on which they can make measurable progress every day. They should write this goal on the lines at the top of the calendar.































_____ for February.

Here are some examples:

I have my  set on drinking 8 glasses of water daily, walking 15 minutes every day, substituting fruit for candy at snacktime, or doing three stretching exercises daily for February.

Whenever the goal is met for that day, the member may color in the corresponding heart. At the end of the month, have members bring their calendars back to the chapter and discuss how they did.

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
						
						
		I reached my goal _____ times out of 28.				

