

**Choose Your Challenge**

**Consultation Tracking Sheet**

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| **Participant**  **Goal**  **Start Date** | **Week #** | **Week #** | **Week #** | **Week #** | **Week #** | **Week #** | **Notes** |
| Jane Doe  Quit Smoking  September 1, 2013 | € | € | € | € | € | € |  |
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