

Tracking Worksheet

How to use the Tracing worksheet

This worksheet will help you get back on track and re-align your goals. You can use a marker to color the squares, write yes, or an X... whatever works for you. The feedback is excellent and makes your progress real. Review your worksheet each morning and at lunchtime. This will give you time to adjust during the day.

	Calls	Exercise	Calorie Count	Smile	Do a good turn	Write	Read Study Learn	
Monday	Yes	Yes	1800					
Tuesday								
Wednesday			2200	YES	YES			
Thursday	Yes							
Friday						Yes	Yes	
Saturday								
Sunday		Yes						
Monday			2000					
Tuesday						Yes	Yes	
Wednesday								
Thursday								
Friday				Yes			Yes	
Saturday								
Sunday								
Monday	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Tuesday								
Wednesday			Yes	Yes				
Thursday								
Friday								
Saturday								
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								