

Success Tracking Chart

My WHY: _____

Week of: _____

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Weekly Goals: | | | | | | | |
| Vegetable | | | | | | | |
| Protein | | | | | | | |
| Dairy Protein | | | | | | | |
| Fruit | | | | | | | |
| Crackers | | | | | | | |
| Water | | | | | | | |
| Weight | | | | | | | |
| Digestion/ BM # | | | | | | | |
| Exercise | | | | | | | |
| Sleep | | | | | | | |
| Non-Scale Victories | | | | | | | |
| How I feel: | | | | | | | |
| Questions for my practitioner: | | | | | | | |

