

DAILY TRACKER REPORT

EACH WEEK | FILL OUT YOUR WEEKLY TRACKER REPORT TO KEEP A TRACK ON HOW WELL YOU ARE STICKING TO THE PLAN.

DON'T JUDGE YOURSELF BASED ON THE NUMBER OF TICKS. THE MOST IMPORTANT PART IS SIMPLY TO COMPLETE THE REPORT AND ASK YOURSELF HOW COULD I MAKE THIS MORE COMPLETE NEXT WEEK?

Check in...	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
EATING Eat by Rule of Thumb, Follow the Plan (keep your energy up)							
WATER Drink 2 litres of water (keep your mind sharp)							
TRAINING (kettlebell workout)							
SELF CARE (walk in nature, gratitude, read, meditate, bath, foam roll, work, yoga)							
SLEEP (get your 8 hours)							
HEALTH Take Your Supplements (Get your phytos and essentials)							