

Progress Tracker

D A T E

ENERGY

ON A SCALE OF 1 - 10 HOW WOULD YOU RATE YOUR ENERGY?

1: TERRIBLE I HAD NO ENERGY

10: I FELT SO GOOD I EVEN PR'D

MOOD

ARE YOU FEELING OVERWHELMED AND STUCK IN YOUR JOURNEY?

HUNGER

ON A SCALE OF 1 - 10 HOW HUNGRY ARE YOU BY THE TIME YOU REACHED YOUR NEXT MEAL?

1: SO HUNGRY I'M GRUMPY

10: SO FULL I FEEL STUFFED

WEIGHT

SLEEP

ON A SCALE OF 1 - 10 HOW WOULD YOU RATE YOUR SLEEP?

1: TERRIBLE, NOT EVEN GETTING 6 HOURS

10: AMAZING! I SLEEP LIKE A BABY EVERY NIGHT

ACCOUNTABILITY

ON A SCALE OF 1 - 10 HOW WOULD YOU RATE HOW YOU SHOWED UP FOR YOURSELF THIS WEEK?

1: IDIDN'T BOTHER WITH THE WEEKLY TASKS OUTLINED IN THE PROGRAMME

10: I CRUSHED ALL THE TASKS IN THE PROGRAMME