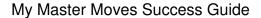


Weekly Activity Tracking

Daily Activities	Usual	Tracking your actual time							
	Time	М	Т	w	Т	F	s	S	
MORNING									
Daily Affirmation									
Drink a Glass of Water									
Master Moves Exercises									
Shower									
Breakfast									
Drink a Glass of Water									
Drink a Glass of Water									
AFTERNOON									
Lunch									
Drink a Glass of Water									
Drink a Glass of Water									
Break time									
EVENING									
Drink a Glass of Water									
Master Moves Exercises									
Drink a Glass of Water									
Dinner									
Drink a Glass of Water									
Shower									
Go to bed									

Note: After a week of training and tracking your fitness results, you may have a completed form to look similar to the following example:





Legend:

"Y"= Yes, I have completed the task at my usual time. A "Y" can also be written if the task is completed within a ½ hour before or after the usual time (i.e. 7:45 A.M instead of 8:00 A.M. would be recorded as a "Y")

"N"= No, I did not complete the task at all.

Time written in (i.e. 8:35 P.M.): = I did do the task, but I did it more than ½ hour outside of my usual time (i.e. 8:00 P.M.)

Weekly Activity Tracking

Daily Activities MORNING	Usual Time	Tracking your actual time							
	Time	М	Т	W	Т	F	S	S	
Daily Affirmation	6:00 A.M	Υ	Υ	7:30 A.M.	Υ	Υ	Υ	Υ	
Drink a Glass of Water	6:05 A.M.	Υ	Υ	7:40 A.M.	Υ	Υ	Υ	Υ	
Master Moves Exercises	6:15 A.M.	Υ	N	N	Υ	N	Υ	N	
Shower	6:25 A.M.	Υ	Υ	8:00 A.M.	Υ	N	Υ	N	
Breakfast	6:40 A.M.	Υ	Υ	8:15 A.M.	Υ	N	Υ	N	
Drink a Glass of Water	10:00 A.M.	Υ	Υ	Υ	Υ	N	Υ	N	
Drink a Glass of Water	11:00 A.M.	Υ	Υ	Υ	Υ	N	Υ	N	
AFTERNOON									
Lunch	12:00 P.M.	Υ	1:00 P.M.	N	Υ	Υ	Υ	N	
Drink a Glass of Water	1:00 P.M.	Υ	2:30 P.M.	N	Υ	Υ	Υ	N	
Drink a Glass of Water	3:00 P.M.	Υ	4:00 P.M.	N	Υ	Υ	Υ	N	
Break time	4:00 P.M.	Υ	5:00 P.M.	N	Υ	Υ	Υ	N	
EVENING									
Drink a Glass of Water	6:00 P.M.	Y	Υ	N	Υ	N	Υ	Υ	
Master Moves Exercises	6:10 P.M.	Υ	N	N	Υ	N	Υ	Υ	
Drink a Glass of Water	6:25 P.M.	Υ	Υ	N	Υ	N	Υ	Υ	
Dinner	7:00 P.M.	Υ	Υ	7:35 P.M.	Υ	N	Υ	Υ	
Drink a Glass of Water	8:00 P.M.	Υ	Υ	N	Υ	N	Υ	Υ	
Shower	9:45 P.M.	Υ	Υ	10:30 PM.	Υ	N	Υ	Υ	
Go to bed	10:00 P.M.	Υ	11:00 P.M.	N	Υ	N	Υ	Υ	
Go to bed	10:00 P.M.	Y	11:00 P.M.	N	Υ	N	Y		