



## Weekly Activity Tracking

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