

# Success Tracking Chart

My WHY: \_\_\_\_\_

Week of: \_\_\_\_\_

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

