

Success Tracking Chart

My WHY: _____

Week of: _____

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



SHAPE
ReClaimed