

A Week of Keeping Track

Write down what happens for one week, so you are working from facts.

WHEN TO USE THIS

Use this for seven days, filling in a row whenever something hits.

One row each time. Fill it in later if you need to.

DAY AND TIME	WHERE I WAS	HOW STRONG (0-10)	HOW LONG

Looking at the week, what shows up more than once?

A time of day, a place, being tired, being hungry.

What surprised you about what you wrote down?

Memory makes a bad week look like every week. Paper is fairer than memory.