

SHOW ME YOU MEAN IT - 8-WEEK TRACKER

Name _____ Start date _____

MY PLAN BED _____ WAKE _____ SESSIONS A WEEK _____ STUDY HOURS A WEEK _____
BOOK I'M READING _____ COACH _____

WEEK	DAY											WEEKLY CHECK-IN (SUNDAY)
WK 1	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 2	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 3	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 4	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 5	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 6	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 7	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											
WK 8	MON											SESSIONS ____ SLEEP AVG ____ h BOOK page ____ of ____ REFLECTION DONE ____ ONE WIN ____ ONE FIX ____
	TUE											
	WED											
	THU											
	FRI											
	SAT											
	SUN											

Tick = did it · Cross = didn't · Slash = didn't apply today. Fill it in every night before the phone goes away. Bring it to training every Monday. Gracie Barra Bondi.