

Daily Accountability Tracking Sheet

| Days: | Strategies: | | |
|-------|-------------|--|--|
| | | | |
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |

Instructions: Write a description for 3 strategies you plan to implement in the strategy section. Each day for the next 14 days, put a checkmark when you execute that strategy.