



# EXEMPLAR TEAM

## S U C C E S S T O G E T H E R

This Weekly Tracker worksheet is a convenient tool designed to help you stay connected to the behaviors and actions that will help you regain your mental and physical strength and vitality.

Use the tracker as is or change the practices to those that will help you feel like your progressing without feeling overwhelmed. Use the note section to flush out the details of each section. As much as you can, keep the Weekly Awareness Worksheet with you at all times. My suggestion is that you have your sheet on the table where you will see it frequently at home and on your desk at work.

### How to Start:

1. To get started, print four copies of the Tracker Worksheet front and back and number them week 1, week 2, week 3 and week 4. These four will take you through the first month of your new practices.
2. Decide on your practices. Some of the practices will be easier to accomplish than others. Work on the easiest practices first then add one or two of the more challenging behaviors. Not all of the practices need to be worked on every day.
3. Each day check of the new behavior that you have practiced on the day that. Continue tracking your accomplishments through
4. If used as a tool for daily/weekly step-by-step change, the S&V Weekly Tracker Worksheet is an enjoyable challenge that allows you to celebrate all of the little things that make all of us feel strong and vital. The more you use the S&V Weekly Tracker Worksheet the easier it will become to accomplish the majority of the ten practices.
5. Please remember that this is not a tool for beating up on ourselves for what we have not done. This is a tool that allows us to focus on how we can and do take care of ourselves while we take care of everyone else.
6. At the end of the week tally up how many times you actually accomplished each practice. Some weeks your goal and your achieved numbers will be closer together and some weeks they will be further apart. Notice what got in the way of getting to certain practices and what can you change to get to it next week. Have fun and let us know how you are doing.



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Week # \_\_\_\_\_ S&V Exemplar Team Weekly Tracker

Practice	Goal	S	M	T	W	T	F	S	Achieved	Notes
10 min. of Mobility 5x Per Week										
70g or Less Carbs Per Day Every Day										
10 min. of Stretching 10x Per Week										
7 hours of sleep 5 night Per Week										
50 Abdominal Breaths Per Day										
1/4 Body Weight in Water Every Day										
Take Supplements As Prescribed										
15 Min. Of Me Time 4 Days Per Week										
7 cups Of Veggies Each Day										
5 min. of meditation 3 Days Per Week										



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Total										
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