YOUR WORKSHEET

Tick each check as you finish it

- ☐ **1** Weekly average — *guide page 4*
- ☐ **2** Good days out of 21 — *guide page 5*
- ☐ **3** Oil, drinks and snacks — *guide page 6*
- ☐ **4** 30-day step average — *guide page 7*
- ☐ **5** Training going up — *guide page 8*
- ☐ **6** Sleep and stress — *guide page 9*
- ☐ **7** Waist, photos, strength, energy — *guide page 10*

only ONE!

THE ONE THING I WILL CHANGE FOR 14 DAYS

Pick the check with the biggest gap. Change only that. Compare your average again in **14** days.

YOUR TRACKER

Two weeks, one row a day

DAY	WEIGHT	STEPS	SLEEP	ON PLAN
example	84.2 kg	6,400	6.5 h	yes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Week 1	*average*	*average*	*average*	*waist*
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Week 2	*average*	*average*	*average*	*waist*