

STUMPTRACKER

Week commencing: ___ / ___ / ___

Choose 1 or 2 goals for each of the four stumps and write them in the rows below.
Track them for seven days and assess if you feel an improvement at the end of the week.

	GOOD SLEEP	GOOD NUTRITION	GOOD EXERCISE	GOOD CONNECTIONS
GOAL 1				
GOAL 2				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Do you feel an improvement in this area?				

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