



april tracking worksheet

GOAL ↓	DAY →	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
GET SOME FRESH AIR																															
COMPLETE PLANNED MOVEMENT / EXERCISE																															
EAT PRODUCE (FRESH, CANNED, OR FROM FROZEN)																															
DRINK ____ OZ. WATER																															
COMPLETE A RELAXING / MINDFUL ACTIVITY																															