



PROGRESS TRACKER

Month: _____

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31										

PROGRESS TRACKER LEGEND

ROUTINES



KEYS PUT AWAY



DISHES PUT AWAY



CLOTHES PUT AWAY



TOYS PUT AWAY



ALARMS SET



ROUTINE DONE



ELECTRONICS CHARGED



READING DONE



CLEANING CHORES



PET CARE



WATER PLANTS

MENTAL HEALTH



JOURNALING



SELF CARE



CREATIVE TIME



CELEBRATE



MOOD



WEATHER



GOOD DAY



PROUD MOMENT



REWARD YOURSELF



QUALITY FAMILY TIME



CONNECT WITH PARTNER

PHYSICAL HEALTH



STEPS



MEDITATION



PILLS TAKEN



WEIGHT



PERSONAL GROOMING



DENTAL HYGIENE



HEALTHY EATING



BODY MEASUREMENTS



SLEEP QUALITY



SLEEP HOURS



WATER INTAKE



EXERCISE



TIME OF THE MONTH

WORK



TARGET REACHED



CALLS DONE



SOCIAL MEDIA POSTS



SHOPPING/ERRANDS



PAPERS PUT AWAY



SAVINGS



BILLS PAID



ORGANIZING/DECLUTTERING



MEAL PLAN



INBOX CLEANED OUT



EMAILS REPLIED



NOTIFICATIONS OFF



BRAIN DUMP

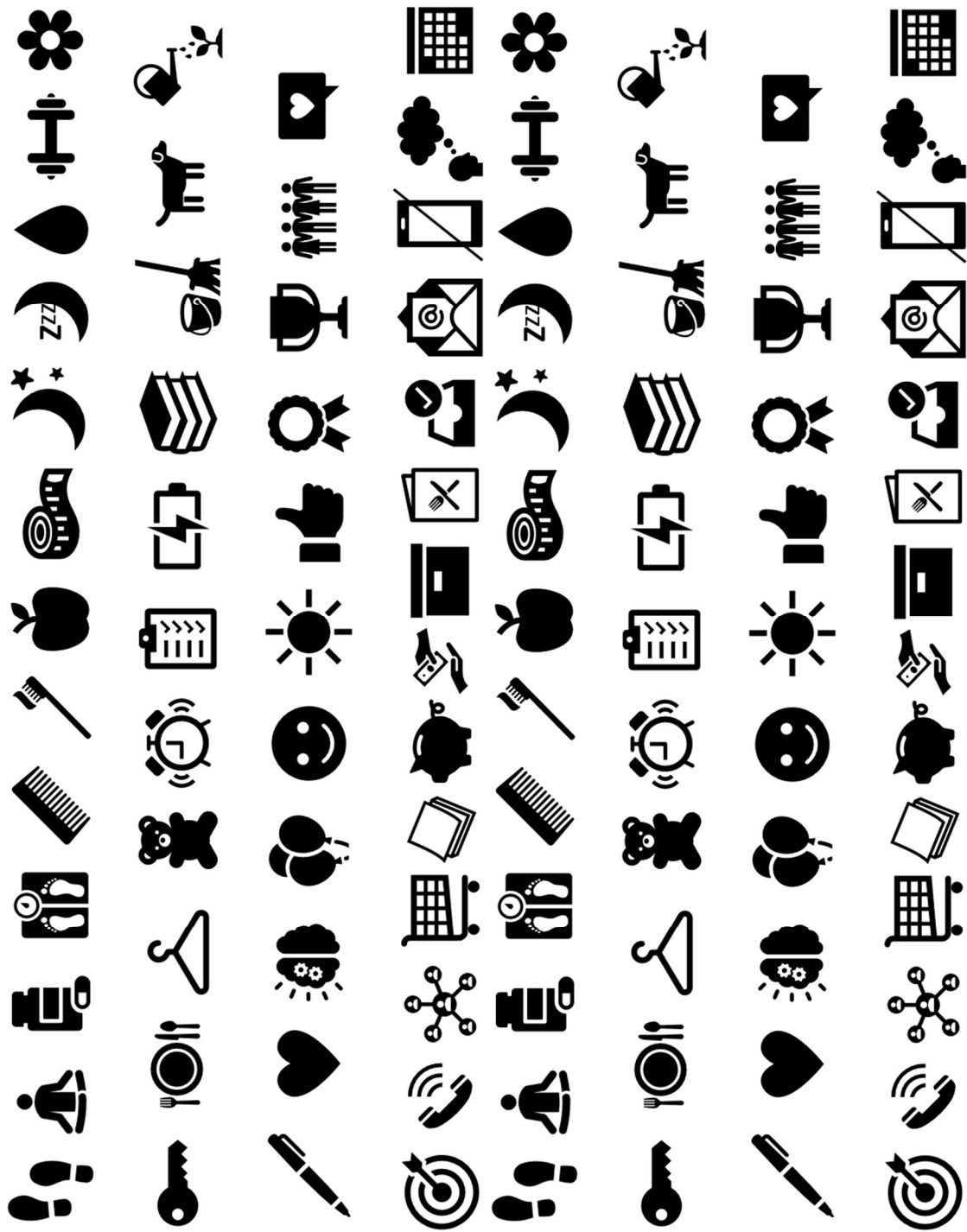


DAY PLANNED

HOW TO USE THE PROGRESS TRACKER

1	7	+	Sunny	+++	✓	✓	✓	2,357	✓	✓
2	8	++	Part Sun	++	✓		✓	801	✓	✓
3	4.5	+++	Cloudy	+	✓		✓	1,016	✓	✓
4	7	++	Rainy	+ -	✓	✓		5,134		✓
5	7	+	Sunny	-		✓	✓	4,800	✓	✓
6	7	+ -		--	✓	✓	✓		✓	✓
7	8.4	-	Cloudy	---	✓	✓		9,200	✓	
8	8.6	--	Rainy		✓	✓	✓	8,881	✓	✓
9	3	---								✓
10	6									✓
11	6.1	+++								✓
12	12	++								✓
13	7	+								✓
14		+ -								✓
15	7	-								✓
16	7	--								✓
17	6	---								✓
18	6	+++								✓
19	6.7	++								✓
20	8	+								✓
21		+ -								✓
22	8	-								✓
23	7	--								✓
24	7	---								✓
25	7	+++								✓
26	6	++								✓
27	6	+								✓
28	6.7	+ -								✓
29	8	-								✓
30	8	--		--	✓	✓	✓	5,134	✓	✓
31	8	---	Rainy	---	✓	✓	✓	4,800	✓	✓

- The Progress Tracking Tool is designed to help you track the progress of the behaviors you wish to change, develop, maintain, or improve.
- This tracking can also help you identify trends (e.g. the potential link between your mood and the quality and/or number of hours of sleep).
- The legend of icons will give you an idea of what you could track. You can choose the items you wish to follow from the Progress Tracker Legend (page 2).
- You can draw the icons into the appropriate square at the top of each column. Alternatively, you can print them on a sticker sheet to then paste them on the monthly tracker. (You can use Avery labels - clear background, model 7665 or white background, model 5165).
- For each day of this month, note whether you have completed this task for the day (e.g., if you put your clothes away the first day of the month, put a check mark under the hanger icon on the first of the month).
- You can change your units of measurement. We have put some examples on this page to inspire you.
- We have put the most important ones on the list of daily tasks (i.e. medication taken & water consumption).
- Remember:
 - Don't follow too many behaviors at once when you are starting. It's better to work on a few behaviors at first. Add more as you integrate the desired behaviours in your day.
 - Be patient! It takes time for that behavior to become a habit.



You can print these stickers on adhesive shipping labels or regular paper to glue in your tracker.