TRACTION: PRIVATE COACHING PROGRAM

Lifestyle Tracker

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Breakfast |  |  |  |  |  |  |  |
| AM snacks |  |  |  |  |  |  |  |
| Lunch |  |  |  |  |  |  |  |
| PM snacks |  |  |  |  |  |  |  |
| Dinner |  |  |  |  |  |  |  |
| Alcohol |  |  |  |  |  |  |  |
| Physical Activity |  |  |  |  |  |  |  |
| Sleep/Self Care |  |  |  |  |  |  |  |