

# Action Step Tracking

Action 1: \_\_\_\_\_ Action 2: \_\_\_\_\_

Action 3: \_\_\_\_\_ Action 4: \_\_\_\_\_

Action 5: \_\_\_\_\_ Action 6: \_\_\_\_\_

Action 7: \_\_\_\_\_

## Did I Complete My Action Step?

X=yes 0=no

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly %
Action 1								
Action 2								
Action 3								
Action 4								
Action 5								
Action 6								
Action 7								
Total %								

Perfection is not necessary or even desirable. Focus on 90% compliance.