

Tracking Worksheet

Period Choices

Choice 1: _____

Commitments	Week Due:

Choice 2: _____

Commitments	Week Due:

Choice 3: _____

Commitments	Week Due:

WEEK 1

Weekly Plan and Scorecard

“BEING” Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)	6	12	50%
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WEEK 2

Weekly Plan and Scorecard

"BEING" Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)			
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WEEK 5

Weekly Plan and Scorecard

"BEING" Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)			
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WEEK 7

Weekly Plan and Scorecard

"BEING" Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)			
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WEEK 8

Weekly Plan and Scorecard

"BEING" Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)			
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WEEK 9

Weekly Plan and Scorecard

"BEING" Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)			
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WEEK 10

Weekly Plan and Scorecard

"BEING" Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)			
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WEEK 11

Weekly Plan and Scorecard

"BEING" Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)			
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WEEK 12

Weekly Plan and Scorecard

"BEING" Focus: _____

Commitments	Complete?

Weekly Scorecard (Completed / Total = Score)			
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