

Tracking My Progress											
Week	Time	M	Tu	W	Th	Fr	Sa	So	What exercise was particular helpful for me?	What do I need to improve?	
1	morning										
	office										
	evening										
2	morning										
	office										
	evening										
3	morning										
	office										
	evening										
4	morning										
	office										
	evening										
5	morning										
	office										
	evening										
6	morning										
	office										
	evening										
7	morning										
	office										
	evening										
8	morning										
	office										
	evening										

Please make a cross when you have practiced. I recommend practicing six out of seven days, at least 20 minutes daily. Write down the practice success and what needs to be improved.

Enjoy!