

## The Fourteen-Day Commitment

This sample chart shows you how to track healthy behavior over a two-week period.

By charting behaviors, goals can be adjusted until they are both realistic and appropriately challenging.

An example of the Fourteen-Day Commitment graph is presented below, while on the second page an empty chart can be used to track your own progress.

Date	Exercise		Sleep			Meals		Notes
	Type	Total Minutes	Bedtime	Waketime	Total Hours	Number	Quality (Poor, Fair, Good, Great)	
Examples: 11-16-20	Jogging	40	11pm	8am	9	4	Good	Ate a lot of veggies, but minimal protein. Poor sleep quality.
11-17-20	Walking	35	12pm	7am	7	2	Fair	Ate a lot of cake.
11-18-20	Walking	60	11pm	7am	8	6	Great	Ate really healthy.
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11-29-20	Jogging	45	10:30pm	8am	9.5	5	Good	Rigorous exercise. Ate healthy except for lunch.

