

The Ultimate Tracking Chart



Tracking your meals: Place a “✓” in each square for a meal that’s on-point. Place a “✗” in each square for a splurge meal.

- Looking to get leaner and/or lose weight? Have three-four ✗’s each week.
- Looking to maintain and have a more relaxed approach? Have up to six ✗’s each week.

Goal number of splurges this week: _____

Date→	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Snack							
Dinner							
Other							

What went well this week: _____

What to improve for next week: _____

Tracking your workouts: Place a “✓” in each square for a completed workout, or record total time (minutes) spent working out + additional movement. Workout A and Workout B need to be checked off no matter what. Beginners do not need to complete the Metabolic Finishers (MF).

Goal number of workouts this week: _____ Or goal minutes this week: _____ (~300 minutes total is ideal)

Date→	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A (+MF)							
B (+MF)							
C							
D							
E							
Other							
Extra Movement							

What went well this week: _____

What to improve for next week: _____

Tracking your sleep: Record the time you go to bed and the time you wake up every day. Then calculate total hours slept. You should be consistently getting 6-8 hours every night.

Goal bed time this week: _____

Goal number of hours per night: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date→							
Bedtime							
Waketime							
Total hours							

What went well this week: _____

What to improve for next week: _____

Tracking your stress & motivation: Record your stress & motivation levels (0-5) every day to reveal trends and areas that need improvement for you to be your healthiest. *(A great week would include mostly 5's.)* It's helpful to notice and record various triggers during the day that affect your stress. Also, record specific stress-reduction strategies that you were able to purposefully implement.

Stress rating: 0 = extremely stressed; 5 = no stress

Motivation level: 0 = not motivated at all; 5 = highly motivated

Overall energy level: 0 = exhausted; 5 = lots of energy

Goal stress-reduction strategies: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date→							
Stress Rating							
Stress Triggers							
Strategies Used							
Motivation Level							
Overall Energy Level							

What went well this week: _____

What to improve for next week: _____