



## Daily Tracker



As I incorporate new rituals into my life, I have found that tracking them each day for one week helps me to become more accountable to myself. If I track each day, I am devoting myself to a new ritual or action. Then I can look back and either feel really good about what I've committed to each day (and reap the positive results), or I can get a reality check and see that I'm not doing what I set out to do (and figure out a new plan to accomplish it).

Every time you do something nourishing and positive for your body, it makes you feel good about yourself so you're more likely to do something positive in the future. I love checking boxes! Every tiny thought, each minuscule action is leading you to love yourself more. It's a domino effect.

I also come back to this tracker when I feel like I'm falling off track or out of balance. For example, I like to meditate each morning, but if I miss a few days, I might fall off for even longer—so I'll start tracking my practice each day to be more intentional.

Which rituals or actions would you like to devote to your day? Write them down on the chart and then give yourself a big check mark every time you do it to inspire you to do it again.

Quest	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Drink 75 oz. of water							
Exercise _____ times							
Meditate _____ minutes per day							