

Mye's Magic Tracking Sheet

DAILY CHECKLIST/FRIENDLY REMINDERS:
5-Day Spring Reset: May 06 - 10, 2024

Read through the materials and start getting ready on Saturday. Use this checklist to keep track of your daily progress through the week!	PREP Shop and chop	Day 1	Day 2	Day 3	Day 4	Day 5	Closing Celebration
	SUN. 5/5	MON. 5/6	TUES. 5/7	WED. 5/8	THURS. 5/9	FRI. 5/10	SAT 5/11
Drank lots of water							
Was more conscious about moving throughout the day							
Was more mindful of my eating habits							
Practiced gratitude							
Stuck to meal guidelines							
Went to bed early							
If you want to extend your Reset, keep going with these days!!	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
	SUN. x/x	MON. x/x	TUES. x/x	WED. x/x	THURS. x/x	FRI. x/x	SAT x/x
Drank lots of water							
Was more conscious about moving throughout the day							
Was more mindful of my eating habits							
Practiced gratitude							
Stuck to meal guidelines							
Went to bed early							

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