**Setting-Myself-Up-for-a-Successful**

**DAY TRACKER**

**Exercise:** *(3 minimum each day; 7 ideally)*

⭘Stretch ⭘Floor Exer. ⭘Hand weights ⭘Aerobic Dance

⭘Walk ⭘Houseworkercise ⭘Flexercise: ⭘*get down on floor & up*

⭘*step up on chair* ⭘*get up from low chair* ⭘*out of car* ⭘*kneel & get up*

**Mind Renewing:** *(OPTIONS; 3 minimum)* ⭘Think Thin Within work

⭘Bible ⭘Worship ⭘Thin Within Video ⭘TW Audio

⭘Freedom From Emotional Eating lesson ⭘Truth Journal

⭘God Speaks to Me devo ⭘Work in I Deserve A Donut

⭘Add to my “Attributes of God” list ⭘Add to “My Victories” list

⭘Work on a Thin Within blog article ⭘Read a TW Blog article

⭘Create a new Truth Card ⭘Review Truth cards ⭘Pray

⭘Read/Respond in a TW group ⭘Fresh Wind, Fresh Desire

**Housework:** *(Highlight ONLY what needs to be done today.)*

⭘⭘⭘Dishes  ⭘Laundry  ⭘Storage Room tidy/⭘Floor

  ⭘Dining Room  ⭘Family Room  ⭘My Room   ⭘My Bath

⭘Dave’s Room  ⭘Laundry Area    ⭘Toy/Sewing Room

⭘Main Bath ⭘Guest Room ⭘Living Room ⭘Office

⭘Windex ⭘Vacuum ⭘Sweep ⭘Garden ⭘Mending

⭘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⭘\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Disciplines:** ⭘QT ⭘TW Group Check-in ⭘Vitamins

⭘ Night facial ⭘ Floss ⭘ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Bigger Projects:** *(larger, ongoing revamping, cleaning, and/or organizing*

*projects. Highlight only what I want to work on today.)*

⭘Sort/Toss Books ⭘Organize CD’s ⭘Tape DVD cases

⭘ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ⭘ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Water:**