**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

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



**Water:**