

































# Accountability Worksheet

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>MEALS</b>	Breakfast <input type="checkbox"/> _____ _____ Lunch <input type="checkbox"/> _____ _____ Dinner <input type="checkbox"/> _____ _____	Breakfast <input type="checkbox"/> _____ _____ Lunch <input type="checkbox"/> _____ _____ Dinner <input type="checkbox"/> _____ _____	Breakfast <input type="checkbox"/> _____ _____ Lunch <input type="checkbox"/> _____ _____ Dinner <input type="checkbox"/> _____ _____	Breakfast <input type="checkbox"/> _____ _____ Lunch <input type="checkbox"/> _____ _____ Dinner <input type="checkbox"/> _____ _____	Breakfast <input type="checkbox"/> _____ _____ Lunch <input type="checkbox"/> _____ _____ Dinner <input type="checkbox"/> _____ _____	Breakfast <input type="checkbox"/> _____ _____ Lunch <input type="checkbox"/> _____ _____ Dinner <input type="checkbox"/> _____ _____	Breakfast <input type="checkbox"/> _____ _____ Lunch <input type="checkbox"/> _____ _____ Dinner <input type="checkbox"/> _____ _____
 <b>WATER</b>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
 <b>EXERCISE</b>	   	   	   	   	   	   	   
 <b>LIFESTYLE HABITS</b>	Meditation Oil Massage Movement Space-Cleanse Earlier/Lighter Dinner Sleeping Wake up Early Tongue Scraping Gratitude Connect to nature Sense Organ Care Joy!	Meditation Oil Massage Movement Space-Cleanse Earlier/Lighter Dinner Sleeping Wake up Early Tongue Scraping Gratitude Connect to nature Sense Organ Care Joy!	Meditation Oil Massage Movement Space-Cleanse Earlier/Lighter Dinner Sleeping Wake up Early Tongue Scraping Gratitude Connect to nature Sense Organ Care Joy!	Meditation Oil Massage Movement Space-Cleanse Earlier/Lighter Dinner Sleeping Wake up Early Tongue Scraping Gratitude Connect to nature Sense Organ Care Joy!	Meditation Oil Massage Movement Space-Cleanse Earlier/Lighter Dinner Sleeping Wake up Early Tongue Scraping Gratitude Connect to nature Sense Organ Care Joy!	Meditation Oil Massage Movement Space-Cleanse Earlier/Lighter Dinner Sleeping Wake up Early Tongue Scraping Gratitude Connect to nature Sense Organ Care Joy!	Meditation Oil Massage Movement Space-Cleanse Earlier/Lighter Dinner Sleeping Wake up Early Tongue Scraping Gratitude Connect to nature Sense Organ Care Joy!

please print for the week.