|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|   | Did I dilly dally? | Did I take a good nap? | Did I whine? | Did I listen? | Was I friendly and polite? | Did I thank God and pray? | Did I Eat Healthy? | Was I tough and brave? | Total |
| Sunday |   |   |   |   |   |   |   |   |   |
| Monday |   |   |   |   |   |   |   |   |   |
| Tuesday |   |   |   |   |   |   |   |   |   |
| Wednesday |   |   |   |   |   |   |   |   |   |
| Thursday |   |   |   |   |   |   |   |   |   |
| Friday |   |   |   |   |   |   |   |   |   |
| Saturday |   |   |   |   |   |   |   |   |   |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| 42 or more = go somewhere special! |  |  |  |  |  |  |  |
| Under 42 = let's make an action plan! |  |  |  |  |  |  |  |