|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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! | | |  |  |  |  |  |  |  |