

Setting-Myself-Up-for-a-Successful DAY TRACKER

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

- Stretch
- Floor Exer.
- Hand weights
- Aerobic Dance
- Walk
- Housework/exercise
- 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:

