



Day 2: Track your Success

Tracking your training sessions is one of the most important pieces to begin to practice doing. If you don't know where you were, you won't know where you are and then how will you get to where you want to go?

	Mini Session 1	Mini Session 2	Mini Session 3	Bonus	Bonus
Day 1				<input type="checkbox"/>	<input type="checkbox"/>
Day 2				<input type="checkbox"/>	<input type="checkbox"/>
Day 3				<input type="checkbox"/>	<input type="checkbox"/>
Day 4				<input type="checkbox"/>	<input type="checkbox"/>
Day 5				<input type="checkbox"/>	<input type="checkbox"/>

Areas to track:
time spent training
number of sessions
number of reps
type of food reward
how far you got!

Mini Session = 3-7 minutes
Take breaks
Keep Training fun
Track your progress

