

### Measuring Progress Worksheet

It can be helpful to get a visual idea of your progress when you are working on goals. This also gives you good information about things that work and don't work. Complete the following and bring this.

**Example:** What sort of meditation did you do and how long for.

**Rate your progress on goals for past two weeks. 1 – very bad 5 – average 10 – great**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sitting 5 min	Eating 1 min	Walking 10 min	Sitting 20 min	STOP 3 min	Qi gong 30 min	Body scan 20 min
6	7	4	8	5	10	6

**Goal:**

**Rate your progress on goals for past two weeks. 1 – very bad 5 – average 10 – great**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Answer the following questions based on your responses above:**

1. What time of day was the worst for you? What time of day was the best?
2. What specifically did you do on the best day(s) that made it better than other days? (AM exercise)
3. What made it easier for you to meet your goal on the best day(s)? (Got up early, was a quiet time of day)
4. How can you do more of what you listed above? (Go to bed early so I can get up early, find a quiet time ect)

**Need help reaching your goals? Contact me: [mindandenergy2020@outlook.com](mailto:mindandenergy2020@outlook.com)**