



## “Did I Do It?” Logsheets

Example:

Imagine. Believe. Become.

Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1. Drink 1 cup of water																															
2. Drink 1 cup of water																															
3. Drink 1 cup of water																															
4. Drink 1 cup of water																															
5. Drink 1 cup of water																															
6. Drink 1 cup of water																															
7. Drink 1 cup of water																															
8. Drink 1 cup of water																															
9. Use Waterpik on my teeth																															
10. Walk 2 miles																															
11. Tell spouse/children “I love you”																															
12. Arrive at work on time																															

Instructions: List activities you would like to perform on a consistent basis. Be specific to ensure you will know whether or not you’ve accomplished the task. For each day of the month, place a check mark in the box if you did perform that task on that day. At the end of the day, week, and month, you will be able to see whether your actions are consistent with your best intentions.

Break larger goals into smaller, measurable goals. For instance, break a two mile walk into four separate 15-minute walks.