

Weekly register

Date range _____ - _____

| Behavior/Action | Mon | Tue | Wed | Thurs | Fri | Sat | Sun | Achieved | Goal | Net |
|-----------------------------|-----|-----|-----|-------|-----|-----|-----|----------|-------------|-----|
| Food journal (Kiloklubi) | | | | | | | | | 6x | |
| Steps>=8000 | | | | | | | | | 5x | |
| FBB | | | | | | | | | 3x | |
| Feldenkrais | | | | | | | | | 2x | |
| WP / PHP | | | | | | | | | 2x | |
| Burns/siedätys | | | | | | | | | 6x | |
| Työnhaku | | | | | | | | | 2x | |
| Meditation | | | | | | | | | 5x | |
| Published content | | | | | | | | | 4x | |
| Writing time | | | | | | | | | 7hrs | |
| Flossing | | | | | | | | | 14x | |
| Total: | | | | | | | | | | |