## Track Your Energy WINS!

Date	Date	Date	Date	Date
Week 1	Week 2	Week 3	Week 4	Week 5
7	6	4	3	2
A little better	Somewhat	Noticeable	Definite	I look
	better	improvement	improvement	forward to
				mornings!
				$\odot$
	<b>Week 1</b>	Week 1 Week 2   7 6	Week 1Week 2Week 37 A little better6 Somewhat4 Noticeable	Week 1Week 2Week 3Week 47 A little better6 Somewhat4 Noticeable3 Definite