

WORK WELL. PLAY MORE!

WHITEBOARD TRACKER



Tracking your streak is one of the best ways to see your progress and motivate you to continue. You can use this digital tracker by putting a checkmark or X in the box for the month that you are doing it. If you need longer than one month for a habit, we've provided ninety days of checkboxes. Some months are just simple system or tool implementations, and no checks are needed because you did it once - set it and forget it (or feel it change your life!).

I encourage you to take the time to complete the behavior experiment prep questions. Some may seem like overkill, but if you've attempted before and not succeeded, maybe it's because you didn't prepare well enough.

High Fives and Fist Bumps!

Marcey Rader

PRODUCTIVITY

BEHAVIOR EXPERIMENT PREP

➔ Why do I want to do this?

➔ Are there any consequences?

➔ What/who might sabotage me?

➔ What/who will support me?

➔ How will I be held accountable?

➔ How will I track it?

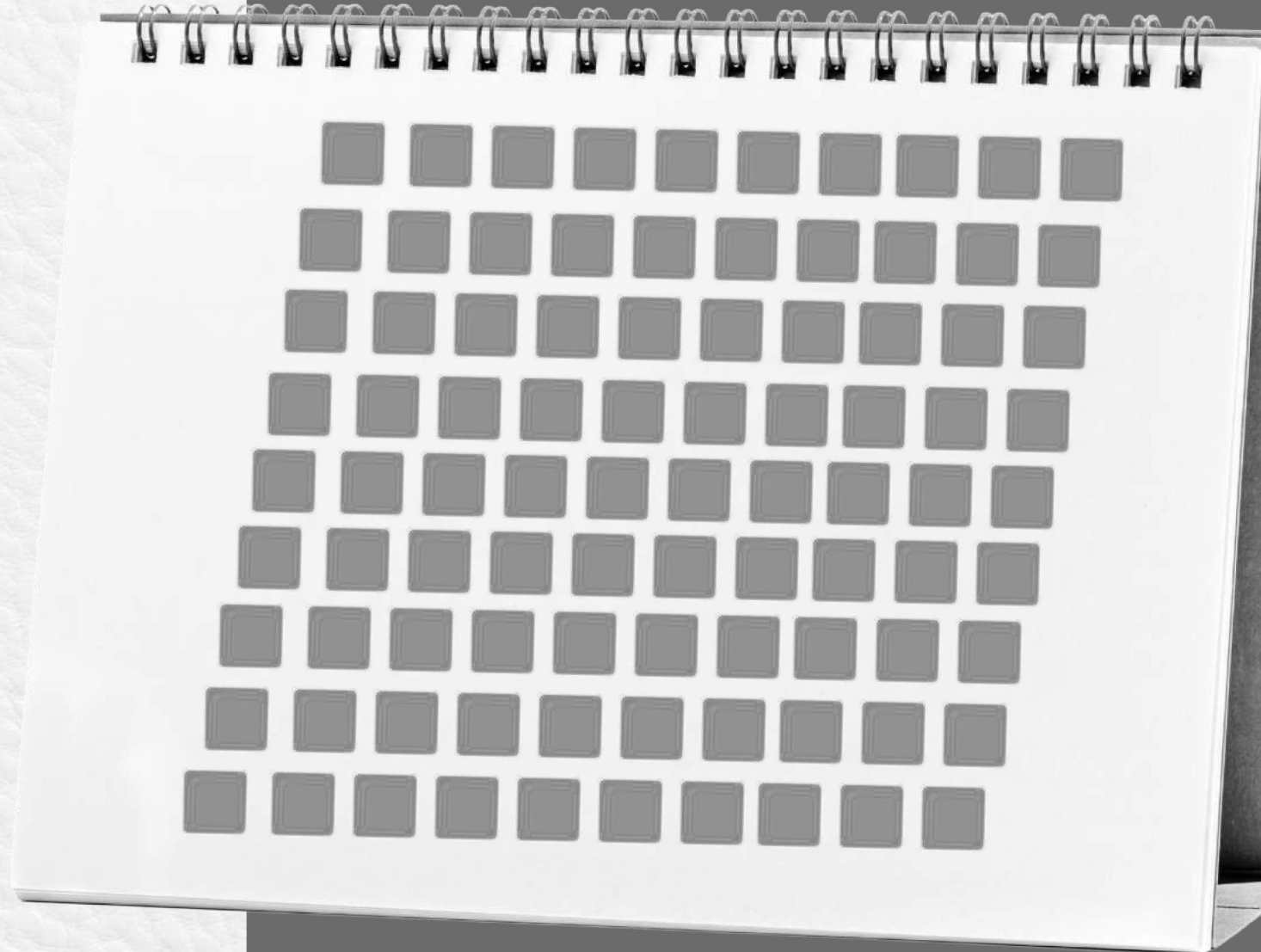
➔ What is my trigger (if applicable)?

➔ What is my reward?

➔ **NOTES**

BEHAVIOR EXPERIMENT:

LEVEL: *(Novice, Pro, Master)*



CLUTTER

BEHAVIOR EXPERIMENT: _____

LEVEL: *(Novice, Pro, Master)* _____

BEHAVIOR EXPERIMENT PREP

➔ Why do I want to do this?

➔ Are there any consequences?

➔ What/who might sabotage me?

➔ What/who will support me?

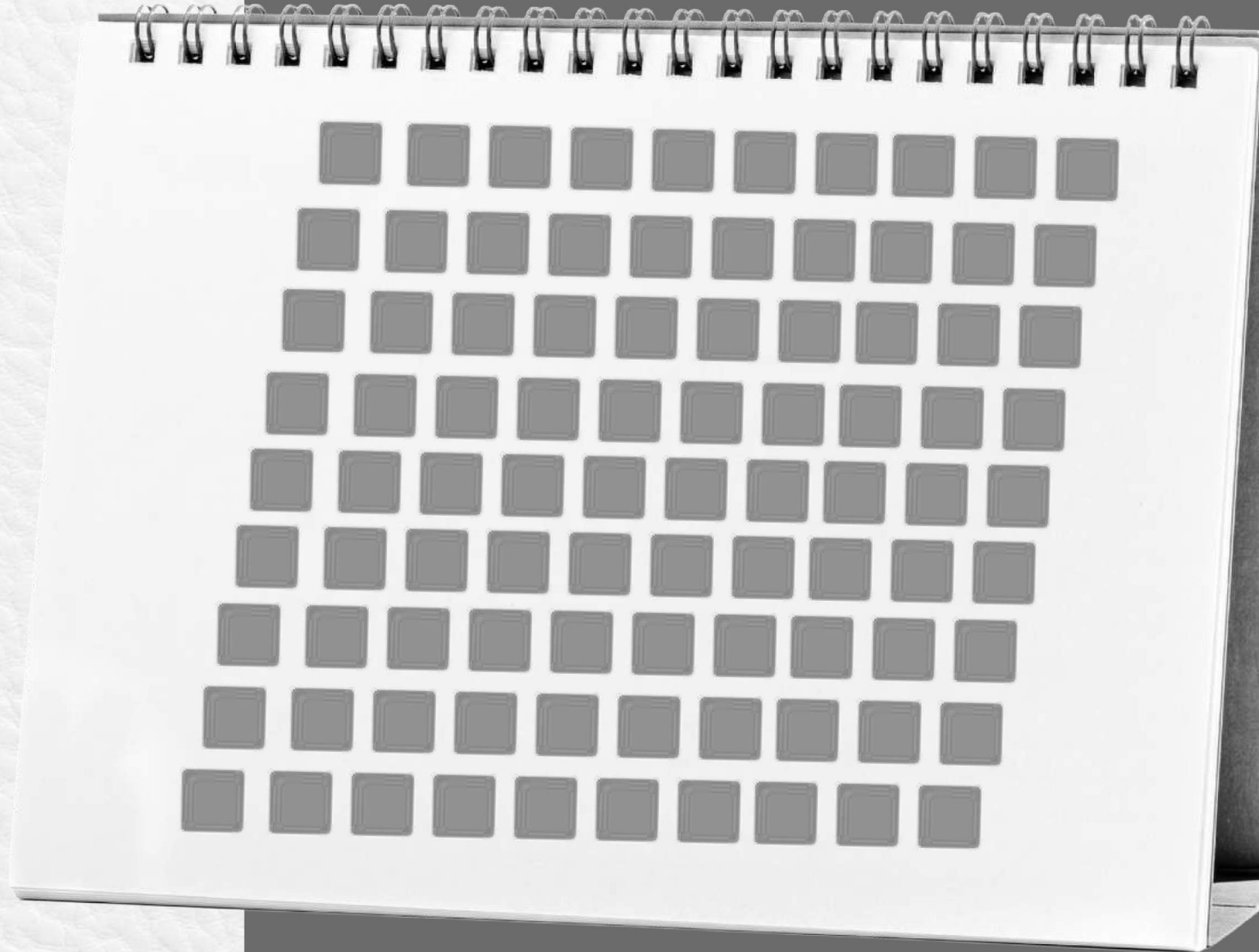
➔ How will I be held accountable?

➔ How will I track it?

➔ What is my trigger (if applicable)?

➔ What is my reward?

➔ **NOTES**



HEALTH

BEHAVIOR EXPERIMENT: _____

LEVEL: *(Novice, Pro, Master)* _____

BEHAVIOR EXPERIMENT PREP

➔ Why do I want to do this?

➔ Are there any consequences?

➔ What/who might sabotage me?

➔ What/who will support me?

➔ How will I be held accountable?

➔ How will I track it?

➔ What is my trigger (if applicable)?

➔ What is my reward?

➔ **NOTES**

