

My Daily Improvement Plan

I want to improve _____

To accomplish this I will _____

On a scale of 1-10, rate yourself each day on how well you implemented your plan.

<i>Date</i>	<i>Score</i>		<i>Date</i>	<i>Score</i>		<i>Date</i>	<i>Score</i>		<i>Date</i>	<i>Score</i>		<i>Date</i>	<i>Score</i>

Lessons learned while implementing my plan _____

The Healthy Marriage Weight Loss Program

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