



# My Weekly Accountability Tracker

**Instructions: Print this and fill out what you need in order to start your journey to developing and tracking habits. Do not feel like you have to fill all of this out! Only fill out parts that will help you. Remember the mottos: Keep It Simple. Progress over perfection.**

Your Name (optional): \_\_\_\_\_

Date Tracking Starting (Take This 1 Week At a Time): \_\_\_\_\_

My focus habit for this week (be specific!):

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## My Weekly Goal (From My Self-Management Plan)

What I'm practicing this week:

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How often I'm aiming to do it:

Daily  2–3 times/week  Other: \_\_\_\_\_

Why this matters to me (1 sentence):

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## Reminder

You are building skills—not chasing perfection. Tracking is information, not a grade. Every checkmark below is proof that you showed up for yourself.



## Daily Check-In (Keep It Quick!)

A checkmark counts. Partial effort counts. Showing up counts. Just write it down!

Day	Did I try? ✓	How did it feel? (optional)	Notes / What got in the way
Mon	<input type="checkbox"/>	😊 😊 😐 😞	_____
Tue	<input type="checkbox"/>	😊 😊 😐 😞	_____
Wed	<input type="checkbox"/>	😊 😊 😐 😞	_____
Thu	<input type="checkbox"/>	😊 😊 😐 😞	_____
Fri	<input type="checkbox"/>	😊 😊 😐 😞	_____
Sat	<input type="checkbox"/>	😊 😊 😐 😞	_____
Sun	<input type="checkbox"/>	😊 😊 😐 😞	_____

(Tip: If this feels like too much, just check ✓ or ✗ each day.)



## What I'm Noticing This Week

Focus on function—not just symptoms.

**Circle any changes you noticed:**

Energy • Sleep • Mood • Pain • Focus • Confidence • Other: \_\_\_\_\_

**One small win I want to acknowledge:**

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## If Life Got Messy (Because It Does)

What got in the way this week?

- Time    Pain or symptoms    Stress    Forgetting    Motivation    Other:

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What helped—even a little? What can I do next time life gets busy and I get off track?

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My “something is better than nothing” backup plan:

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## Notes for My Provider (or My Future Self)

Bring this to your visit or copy it into a message.

- What worked well:

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- What was hard:

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- What I'd like to adjust next week:

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## Looking Ahead

Do I want to:

- Keep this plan the same  
 Make it smaller  
 Build on it  
 Try something different with my care team

Next check-in date or message with my provider planned:

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