

Rewiring to be happier: Suggested tracking system

1. Write down the exercise you have chosen.
2. Why did you choose this exercise?
3. How many times per week and on what days of the week are you committed to do the exercise?
4. Do you want to take the support of someone to help you to do it every day? If so, write it down and seek the support.
5. How will you remind yourself to do the exercise and make the entry in the tracking table below.?
6. What will you do to avoid missing the exercise and to resume if you miss out on some day?
7. Keep track of your progress using the table below. Mark the days of the week you are committed to do the exercise and put check marks when you have done it.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Remarks, if any
1								
2								
3								
4								

Write down you experience in doing the exercise

If you like, you can test your PERMA score (exercise 1) again and compare the results (before and after)