



# Activity Tracker

Read      Listen      Watch      Notice      Connect      Engage      Act      Reflect      #BringItHome      Inspire

DAY 1	RECOMMENDED DAY 1 ASSESSMENT									
DAY 2										
DAY 3										
DAY 4										
DAY 5										
DAY 6										
DAY 7										
DAY 8										
DAY 9										
DAY 10										
DAY 11										
DAY 12										
DAY 13										
DAY 14										
DAY 15										
DAY 16										
DAY 17										
DAY 18										
DAY 19										
DAY 20										
DAY 21										
Plan Next Challenge!										

Keep track of each completed activity. Diversify your habits by doing some of each.



# Reflection & Journaling

Even if your action is not reflecting, use the questions to dig a little deeper into what and how you are learning. record your comfort level on a scale of 1 - 4.

1	2	3	4
comfortable	mildly uncomfortable	very uncomfortable	too uncomfortable

**WHAT WAS YOUR EXPECTATION FROM TODAY'S ACTIVITY?**

**LISTEN TO YOUR BODY. WHAT IS YOUR REACTION TELLING YOU?**

**IF YOU ARE UNCOMFORTABLE, ASK YOURSELF WHY?**

**REFLECT HERE. DID YOU HAVE AN AH-HAH MOMENT? DO YOU DISAGREE? WHAT ARE YOUR EMOTIONS TELLING YOU? DO YOU WANT TO RESEARCH MORE ON A TOPIC?**

# Triangle-Square-Circle

What are three important points you have learned?

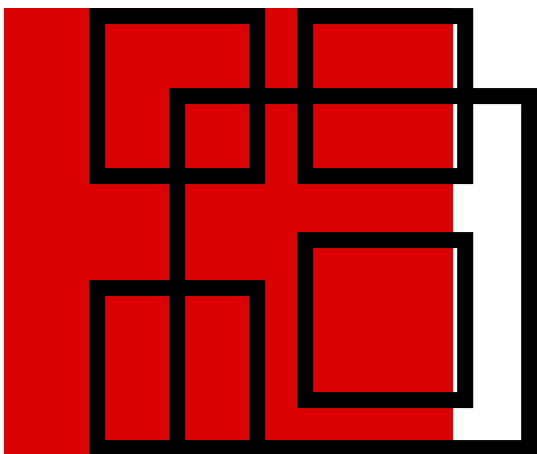


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What is something that squared or agreed with your thinking?

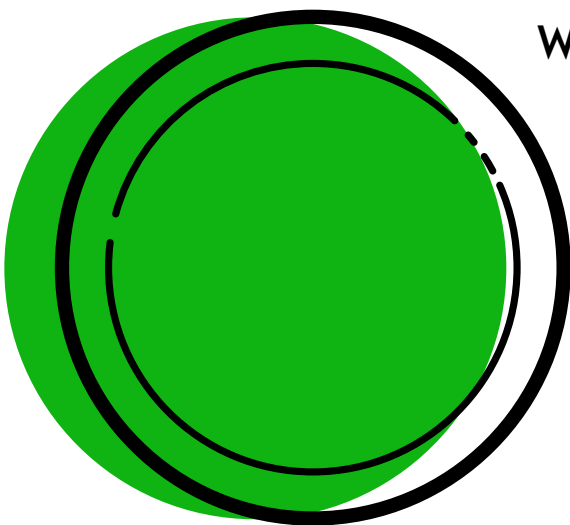


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What is something still circling in your head?



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