

### Three Habits Tracking Table

I recommend you keep track of what you do for each of the three habits of Process, Product Time and Self-care every day and how long you do it. The first table is filled in to show what your entries might look like. The second table is blank for you to copy and complete.

	Monday 4/25/11	Tuesday 4/26/11	Wednesday 4/27/11	Thursday 4/28/11	Friday 4/29/11	Saturday 4/30/11	Sunday 5/1/11
Process (Commitment: 15 minutes a day, 5 days a week)	Morning pages 20 min	Morning pages 15 min	Colored 17 min	Played harmonica 15 min	Morning pages 20 min	n/a (no commit- ment today)	Collage 25 min
Self-care (Commitment: 30 minutes a day, 6 days a week)	Yoga 30 min	Workout 45 min	Yoga 30 min	Workout 40 min	Meditate 20 min	Walked 60 min	n/a
Product Time (Commitment: 15 minutes a day, 5 days a week)	Research for novel 15 min	Query letter 18 min	Drafting 1 hour	Drafting 15 min	Research 20 min	n/a	n/a

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Process (Commitment:							
Self-care (Commitment:							
Product Time (Commitment:							



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OFFENDING COMMAND:

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