

6 WEEK CHALLENGE ACCOUNTABILITY CHART



USE THIS TO TRACK YOUR PROGRESS THROUGHOUT THE CHALLENGE.

NUTRITION – ✓ if you followed the ANT Nutrition Program or X if you did not. Aim to follow the program 80% of the time.

EXERCISE– ✓ if you exercised (in or out of the gym) or X if you did not. Aim to exercise intentionally for at least 20 minutes every day.

SLEEP – ✓ if you slept for more than 7 hours, or X if you slept less than 7 hours.

[illegible][illegible]