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.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
NUTRITION																					
EXERCISE																					
SLEEP																					
	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
NUTRITION																					
EXERCISE																					
SLEEP																					