

**Task Planning & Achievement Record**

Task or Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Exercise for 20 minutes</i>	✓		✓	✓		✓	
<i>Cook a healthy meal for myself</i>	✓	✓	✓			✓	
<i>Do 10 minutes of tidying the house</i>		✓		✓	✓	✓	
<i>30 mins of job searching</i>	✓	✓					
<i>Contact a friend</i>			✓		✓		