

How to Use This Accountability Sheet

This is simple to use. You'll be asked 4 questions.

#1 – Did you stick to your nutrition plan?

Whether you are doing intermittent fasting or low carb or micros and macros... it doesn't matter. What matters is that you're following through. So unless you had a scheduled reward meal or day, just be honest with yourself and answer whether or not you followed through.

2 – Did you do your scheduled workout today?

It doesn't get any more black and white. But the power (along with the other questions) is coming up with a solution so it doesn't happen again.

3 – Did you stick to your ONE habit change?

Before you get started with this accountability sheet, write down all the habits you need to eliminate, improve on or start.

Each week, work on ONE habit. That's right... just one. After 12 weeks, you will have changed, removed or added 12 habits to transform your life. It's as simple as that.

#4 – How do you feel today?

This is the most powerful question. Did you find yourself with abundant energy? Great – now you know what works for you, etc. This is where you will discover what works for you, what to avoid, etc.

That's it – simple, right?

**To your transformation,
Mike Whitfield, CTT**

Monday

Did you stick to your nutrition plan today unless it was a planned reward meal?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

Did you do your scheduled workout today?

- Yes No N/A

If no, why not?

What's your solution for this situation next time if you answered no?

Did you stick to your ONE habit change today?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

How do you feel about today?

Tuesday

Did you stick to your nutrition plan today unless it was a planned reward meal?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

Did you do your scheduled workout today?

- Yes No N/A

If no, why not?

What's your solution for this situation next time if you answered no?

Did you stick to your ONE habit change today?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

How do you feel about today?

Wednesday

Did you stick to your nutrition plan today unless it was a planned reward meal?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

Did you do your scheduled workout today?

- Yes No N/A

If no, why not?

What's your solution for this situation next time if you answered no?

Did you stick to your ONE habit change today?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

How do you feel about today?

Thursday

Did you stick to your nutrition plan today unless it was a planned reward meal?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

Did you do your scheduled workout today?

- Yes No N/A

If no, why not?

What's your solution for this situation next time if you answered no?

Did you stick to your ONE habit change today?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

How do you feel about today?

Friday

Did you stick to your nutrition plan today unless it was a planned reward meal?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

Did you do your scheduled workout today?

- Yes No N/A

If no, why not?

What's your solution for this situation next time if you answered no?

Did you stick to your ONE habit change today?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

How do you feel about today?

Saturday

Did you stick to your nutrition plan today unless it was a planned reward meal?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

Did you do your scheduled workout today?

- Yes No N/A

If no, why not?

What's your solution for this situation next time if you answered no?

Did you stick to your ONE habit change today?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

How do you feel about today?

Sunday

Did you stick to your nutrition plan today unless it was a planned reward meal?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

Did you do your scheduled workout today?

- Yes No N/A

If no, why not?

What's your solution for this situation next time if you answered no?

Did you stick to your ONE habit change today?

- Yes No

If no, why not?

What's your solution for this situation next time if you answered no?

How do you feel about today?

Notes:
