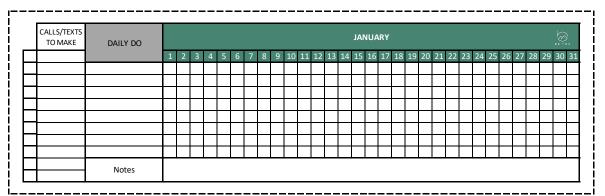


RITUAL TRACKER

The Be You Ritual Tracker is designed to help you keep what's most important in front of you each day. These are the things that are so easy to do that they're so easy not to do. Use this as a tool to track your progress and help keep your "Daily Do's" in front of you. Don't get discouraged if you miss a few days, and make it your own. This isn't for anyone else but you. Find what works, find what doesn't, and adjust as needed!

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Keith	Meditation	Х	0	Х	Х	0	Х	Х	0	Х																						
Steve N.	Grattitude	Х	Х	Х	Х	Х	Х	Х	Х	Х																						
Ben	Push-Ups	0	Х	Х	0	Х	Х	0	Х	Х																						
Brendon	AG1	Х	Х	0	Х	Х	0	Х	Х	0																						
Ryan M.	Ellie & Holly Talk	Х	Х	0	Х	Х	0	Х	Х	0																						
Ryan McN	Margaret GM/GN	Х	Х	Х	Х	Х	Х	Х	Х	Х																						
Sarah	Movement	0	Х	Х	0	Х	Х	0	Х	Х																						
William	Bible Verse	Х	Х	0	Х	Х	0	Х	Х	0																						
Carlo	Cold Plunge	0	Х	Х	0	Х	Х	0	Х	Х																						
Mom	Natas	T L :							l.e.													·										
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