



## Weekly Adherence Worksheet 1

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Habit 1: Drink more water

Habit:

1. Write down here what your goal will be each day, when you'll do it, what your 'trigger' will be, who will you report to - which friend?  
\_\_\_\_\_
2. Post your goal on our Facebook page, tell as many people as possible that you are trying to form a new habit.
3. Report on your progress daily. Each day, tell the same group of people whether or not you have succeeded at your goal.

This may seem simple at first, even a bit crazy, but let's start with the easy stuff - drinking more water. Let's set the precedent when we hopefully find the habit easy so when it comes to more personally challenging habits, the impetus and how to move forward is already there.

Weekly Adherence sheet

If you have complied with this week's habit i.e. drank more water then please tick the box, if you didn't manage it, simply put a cross. At the end of week let's tally up the ticks and obtain a percentage of uptake. Have we formed this new habit?

Each time you drink a small glass of water, put an X in the appropriate box. Each time you miss a glass, put an O in the appropriate box.

Drank glass water:

Breakfast      snack      Lunch      snack      Dinner      snack

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

No of ticks/42 x 100 = % this will help us to assess your readiness for change and moving on. For instance:

Higher than 90%, you are ready to move on to the next Module - well done  
Lower than 90%, hey no worries, it takes time to make long term changes. I am so glad you are being honest.

## How many steps walked this week:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## How did you get on with this week's cardio workout?

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## Willingness to exercise

How are your workouts going? Are you getting stronger, more powerful, is you breathing calming down? Let us know what changes you feel when working out. Please describe them in your own words. You can also use this section to highlight "problems" or concerns you may have about the workout.

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## What is recovery like after exercise?

1. Please rate (daily) each of the following variables on a scale of 0 - 5 as follows:

Apatite : 0 = No appetite ; 5 = Very hungry

Sleep quality : 0 = Poor sleep ; 5 = Very good sleep

Tiredness: 0 = No tiredness; 5 = Very tired

Willingness to train: 0 = No willingness; 5 = Very excited to train

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Apatite

Sleep quality

Tiredness

## 2. Resting Pulse Rate

Please record your morning resting pulse for each day while seated, immediately upon waking. Take your radial pulse (at the wrist) for 15 seconds and multiply by 4 to get a minute value. Record this minute value (beats per minute) here:

WEEK 1                      Monday Tuesday Wednesday Thursday                      Friday Saturday Sunday

Pulse (bpm)

