**WEEK 5 - KEEPING TRACK: Tracking Sheet**

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| **Week**  | **Strategy** | **Goal 1** | **Goal 2** |
|  |  |   |   |
| **1** | Affirmations |   |   |
|  | Activity-relax cycle |   |   |
|  | Journal |   |   |
| **2** | Goal Setting |   |   |
|  | Affirmation questions |    |   |
|  | Stretch Program |   |   |
| **3** | Exercises |   |   |
| **4** | Challenging thoughts |   |   |
| **5** | Enjoyable Activities |   |   |
| **6** | Relaxation techniques |   |   |
| **7** | Improving sleep |   |   |
| **8** | Flare-ups and setbacks: problem-solving plan |  |  |