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

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |  |  |