

## Adherence Chart

**Please place an “X” only in the squares corresponding to the day where you followed your assigned behavior(s) as prescribed, 100%. Please put an “N/A” in boxes that do not apply to you.**

*Behavior: Engage in 3-4 hours (or more) of purposeful exercise every week for the next 3 weeks!*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

**Client Comments:**