

WEEKLY MOMENTUM TRACKER



CROSBY
ADVISORY GROUP, INC

Start Date _____ End Date _____

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” Aristotle

BEHAVIOR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GOAL	ACHIEVED

It takes approximately 2,000 steps to walk a mile.
Perhaps the most important step is the first.