

# THE SLOW TRACKER

| <b>WEEK ONE: MIND</b>   | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------|--------|--------|---------|-----------|----------|--------|----------|
| Speed Check             |        |        |         |           |          |        |          |
| Breathing Break         |        |        |         |           |          |        |          |
| Easy                    |        |        |         |           |          |        |          |
| Medium                  |        |        |         |           |          |        |          |
| Dramatic                |        |        |         |           |          |        |          |
| <b>WEEK TWO: PLAY</b>   | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Speed Check             |        |        |         |           |          |        |          |
| Breathing Break         |        |        |         |           |          |        |          |
| Easy                    |        |        |         |           |          |        |          |
| Medium                  |        |        |         |           |          |        |          |
| Dramatic                |        |        |         |           |          |        |          |
| <b>WEEK THREE: BODY</b> | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Speed Check             |        |        |         |           |          |        |          |
| Breathing Break         |        |        |         |           |          |        |          |
| Easy                    |        |        |         |           |          |        |          |
| Medium                  |        |        |         |           |          |        |          |
| Dramatic                |        |        |         |           |          |        |          |
| <b>WEEK FOUR: WORK</b>  | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| Speed Check             |        |        |         |           |          |        |          |
| Breathing Break         |        |        |         |           |          |        |          |
| Easy                    |        |        |         |           |          |        |          |
| Medium                  |        |        |         |           |          |        |          |
| Dramatic                |        |        |         |           |          |        |          |