

FFP PROGRESS TRACKING CHART

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
7																														
S 6																														
C 5																														
O 4																														
R 3																														
E 2																														
1																														

DAYS

Figure out your score from the other sheet. Go to the day you are on and place a dot in the center of the square.

Connect your dots from one day to the next to see your progress.

To move forward, a score of at least 5 for the majority of the month is recommended. We encourage you to be closer to 7 most days.