



FET
 FULL ENGAGEMENT TRAINING
 POWERED BY
 SAN JUAN REGIONAL MEDICAL CENTER

90 Day Training Log

⊕ **Rate Yourself:** (1 = Didn't do) (3 = 50%) (5 = Success!)

Ritual #1	Start Date	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	31
	/																															
	Month 1																															
	Month 2																															
	Month 3																															

Ritual #2	Start Date	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	31
	/																															
	Month 1																															
	Month 2																															
	Month 3																															

What do I need to be successful?
 (e.g. new running shoes? Go to the grocery store?)

My training mission:
 (I want to be more engaged with...)

Name: _____ **Best contact for follow up:** (phone/email) _____

