



**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 ) \_\_\_\_\_

