

# PD Arena Two-Week Workout Tracker

Write the date, mark each completed workout, and X your current mood.

**Use:** Complete the PD Arena workout, mark the completion box, then X one mood: Sad, Decent, or Happy.

**Goal:** Build consistency. One completed workout counts.

Day	Date	Workout Done	Current Mood	Notes
1		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
2		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
3		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
4		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
5		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
6		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
7		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
8		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
9		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
10		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
11		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
12		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
13		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	
14		<input type="checkbox"/>	Sad <input type="checkbox"/> Decent <input type="checkbox"/> Happy <input type="checkbox"/>	

**Two-week reflection:** What helped you stay consistent?  
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**Next step:** One small goal for the next two weeks:  
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