Success Log
4 Minutes of Toughness Training

*Knowing something does nothing…doing something does…*

Name:__________________________________ Date:_______________________________

1. What did I do well in the last 24 hours?
   .
   .

2. What is one thing I want to improve in the next 24 hours?
   .

3. What is one thing I can do differently to help make the above mentioned improvement?
   .

4. How did I do today with RSF?  1  2  3  4  5  6  7  8  9  10