

Follow-Up Chart Diary

Record Value or Check
+ = did it
- = didn't do it
↑ = increased
↓ = decreased
X = eliminated

Visits

Record each visit by listing the goals down the side column from the Fitness & Wellness Prescription. Then use the symbols above to record the outcome for that goal. For example goal number one under Body Unity can just be listed as A1, goal number one under Self Healing can be listed as B1 ect.

Visit #	1	2	3	4	5	6	7	8	9	10	11	12	13
Date													
(Goals)													
A1													
A2													
A3													
A4													
A5													
B1													
B2													
B3													
B4													
B5													
C1													
C2													
C3													
C4													
C5													