



ACCOUNTABILITY CARD

Name

Number

Email

Days & Times to Contact

What's one good **CHOICE** you made today? One you would like to change?

What physical, mental or spiritual **REST** did you take today?

What did you do for your home, work or global **ENVIRONMENT** today?

How many minutes of mental & physical **ACTIVITY** did you get today?

What did you do today to improve **TRUST** in your Heavenly Father?

INTERPERSONAL: Who did you touch, encourage or help today? How?

OUTLOOK: Identify one thing you're thankful for today.

NUTRITION: 5+ fruits and vegetables you ate today. What was Breakfast?