STATS SHEET

Specific Process Goal: *Aikido-Yoga Training Sessions*

How many times per week: _____

Month:	Mon	Tues	Wed	Thur	Frid	Sat	Sun	%
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"Ant Logic" - Keep trying ways to get 100% for 6 months!

In each box above, put a:
"1" in the box if you did it.
"0" if you chose not to do it that day
"-" if you forgot to do it that day or you did it but forgot to record that stats!

At the end of each week, determine your percentage against target and write it down.
[ie if goal is 1 day a week then 1 = (1 divided by 1 multiplied by 100 = 100%)
   if goal is 7 days a week then 5 = (5 divided by 7 multiplied by 100 = 71%)

To calculate percentage for month:
 - if goal is 31 times in the month and you did 31 then calculation is (31 divided by 31 multiplied by 100 = 100%)
 - if goal is 10 times in the month and you did 7 then calculation is (7 divided by 10 multiplied by 100 = 70%)