



**M O D E R 8™**  
BALANCE FOR A BETTER LIFE

# Goal(s) for the week:

WRITING THINGS DOWN HELPS MAKE THEM HAPPEN. YOUR SUCCESS WILL INCREASE EXPONENTIALLY.

MONDAY /	TUESDAY /	WEDNESDAY /	THURSDAY /	FRIDAY /	SATURDAY /	SUNDAY /
AM: # of MODER8 taken: _____	AM: # of MODER8 taken: _____	AM: # of MODER8 taken: _____	AM: # of MODER8 taken: _____	AM: # of MODER8 taken: _____	AM: # of MODER8 taken: _____	AM: # of MODER8 taken: _____
PM: # of MODER8 taken: _____	PM: # of MODER8 taken: _____	PM: # of MODER8 taken: _____	PM: # of MODER8 taken: _____	PM: # of MODER8 taken: _____	PM: # of MODER8 taken: _____	PM: # of MODER8 taken: _____
# of drinks consumed: _____	# of drinks consumed: _____	# of drinks consumed: _____	# of drinks consumed: _____	# of drinks consumed: _____	# of drinks consumed: _____	# of drinks consumed: _____
Social events and/or drinking impulses _____ _____ _____ _____	Social events and/or drinking impulses _____ _____ _____ _____	Social events and/or drinking impulses _____ _____ _____ _____	Social events and/or drinking impulses _____ _____ _____ _____	Social events and/or drinking impulses _____ _____ _____ _____	Social events and/or drinking impulses _____ _____ _____ _____	Social events and/or drinking impulses _____ _____ _____ _____