



CUT ALONG DOTTED LINES

Stress Rescue Journey 21 Day Tracker™

INSTRUCTIONS:

1. Cut along dotted line
2. Post in a place you'll see
3. Check off each day!
4. Take picture at end day 5 and text to Carol: 609-462-7643

21 DAY RESCUE TRACKER

Complete the daily steps- check it off!



Check Level



RESET Breath



Dump n Destroy



Mind Push-ups

Day 1

Day 2

Day 3

Day 4

Day 5

Take a picture of completed card and text to Carol: 609-462-7643