

Teacher Wellness Accountability Chart

1. Take a look at these [36 Wellness Strategies](#) and pick any one (or more!) you want to try.
2. Next, use this accountability chart to track your progress.
3. Enlist the support of an accountability partner if you wish!

Strategy Category: _____

Strategy Name: _____

	Action or Strategy	Duration	Thoughts
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Saturday			
Sunday			