

Expectancy

	Sun	#	Mon	#	Tue	#	Wed	#	Thur	#	Fri	#	Sat	#	Total
Wk I															
Wk II															
Wk III															
Wk IV															

Directions

For each day note any example of expectancy and then note under # (number) a rating from 1 – 10.

Don't spend a lot of time analyzing that, just give it a number.

If you have a day without an example note none.