

# 21 DAY GLIMMERS TRACKER

name

	1	2	3	4	5	6	7	8	9	10
glimmer 1										
glimmer 2										
glimmer 3										
glimmer 4										

	11	12	13	14	15	16	17	18	19	20	21
glimmer 1											
glimmer 2											
glimmer 3											
glimmer 4											

PRINT OR SCREENSHOT ME - TRACK EACH DAYS GLIMMERS. THERE'S SPACE FOR 5 GLIMMERS A DAY.  
YOU CAN TRACK HOW MANY IS GOOD FOR YOU. IT DOESN'T HAVE TO BE FIVE IF THAT FEELS TOO  
MUCH FOR YOU AT THE START OF THE CHALLENGE. YOU CAN KEEP IT ON YOUR PHONE & MARK OFF



