

Wolf Scout Achievement 3 Tracking Chart

NAME: _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
How many times did you bathe or shower today?														
How many times did you wash your hands?														
How many times did you brush your teeth?														
How many glasses of water did you drink?														
How many hours did you play hard or exercise?														
How many hours of sleep did you get?														

Instructions: post this chart some place you will see it each day, bathroom mirror, or headboard. Try your best to keep track of the six things above. Fill in the numbers in the table and bring to our next den meeting!