

Brat Factor™ Progress Report

DATE _____ WEEK # _____ GOAL _____
(Select one: diet, exercise, finance, relationships, organization)

Your rules for the week:

Your brat's reasons for your goal:

Day	<u>What Happened Today</u>	Who won?	
		_____ (My name)	_____ (Brat's name)
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
Total		_____	_____

RESULTS: _____
(Write a sentence to describe improvement)

MY GRADE _____
A=7, B=6, C= 5, D=4, F=3 and under

*If a rule is broken you lose for the day.
Don't let your brat win.
The more you win, the stronger you become.*