

# AFTER ACTION REPORT v1.2

## MISSION BRIEFING

Fill out in the morning.

Today's Mission:

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## END OF DAY

If today was a movie with a unique title, it might be called:

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- ☐ I spent my time wisely today and worked efficiently.
- ☐ I ate well today.
- ☐ I exercised today.
- ☐ I went on a walk/run outside today.

- ☐ Today's main activities: 

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- ☐ Today I read: 

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- ☐ Today I wrote: 

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- ☐ Today I worked on: 

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- ☐ Today I thought about: 

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- ☐ Today this happened: 

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- ☐ I napped: 

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## TOMORROW

Tomorrow I would like to: 

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- ☐ Tomorrow I will try to be a better person.

## CREATIVITY EXERCISE

Choose one.

- ☐ In the box below I will draw: 

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- ☐ In the box below I will write a short poem.

## FORM INSTRUCTIONS

Fill out Mission Briefing and Starting Stats at beginning of day. Fill out remainder before bed.

## STARTING STATS

Fill out in the morning.

Form ID#: 

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Current Date: 

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Day Start Time: 

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Starting Weight: 

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## ENDING STATS

Day End Time: 

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Ending Weight: 

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## CONFIRM

- ☐ I am in a quiet place.
- ☐ I am calm and my mind is clear.
- ☐ I am prepared for sleep.

## 2011

January

Su	Mo	Tu	We	Th	Fr	Sa
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

Su	Mo	Tu	We	Th	Fr	Sa
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SIGNATURE

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