



THE MIND CODE SYSTEM™

21-DAY TRACKER

USE THE TICKER BELOW TO TRACK YOUR ANCHORING EXERCISE DAILY. THE 21-DAY RUN WILL ESTABLISH THE PROGRAM IN YOU AND WILL ALLOW YOU TO REAP THE BENEFITS AND POWER OF IT THEREAFTER.

WEEK 1

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WEEK 2

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WEEK 3

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I commit now to set aside time to do the anchoring exercise for the Mind Code System in the next 21 days. I realize that this is for my ultimate good.

THE DECISION I MAKE NOW TO STICK WITH THIS PROGRAM FOR THE NEXT 21 DAYS IS A DECISION I MAKE FOR MYSELF AND MY FUTURE. And so be it.

NAME & SIGNATURE

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