

	<b>Food</b>	<b>Exercise</b>	<b>Weight</b>	<b>Sleep</b>
<b>First ✓</b>				
<b>Second ✓</b>				
<b>Third ✓</b>				
<b>Fourth ✓</b>				

<b>How am I doing?</b>	
<b>1</b>	<b>Not great, but showed up</b>
<b>2</b>	<b><i>Meh</i></b>
<b>3</b>	<b>Pretty good</b>
<b>4</b>	<b>Great!</b>
<b>5</b>	<b>Epic progress!</b>