

## **Taproot Training Chart**

	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	
_						Color Key
						<ul> <li>Monday</li> <li>Tuesday</li> <li>Wednesday</li> <li>Thursday</li> <li>Friday</li> <li>Saturday</li> <li>Sunday</li> </ul>
Instructions 1. Choose your five behaviors and put their names at the top, with the most important at the center and the least important outboard.				т	rainer:	
<ol> <li>Pick a separate color for each day of the week and highlight that day (above)</li> </ol>				D	0og:	
<ul><li>3. Start at the center top of the chart</li><li>4. Using the color of the day, color in one block for each single-behavior session.</li></ul>				D	ate started:	
5. Every time you move outboard on the chart your next session must be for a behavior more toward the center				D		



Notes