

ROUTINE CHECKLIST			name		month																												routine execution rate		target		subtot	
			September 2017																												target (%)	result (%)						
																															95%	87.88						
Routines - from Oct. 6 pick up dirt from the parking lot behind my garden			dag	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	target	subtot			
service routine	thuis	up to Oct.5 - Clean the stairs and the cave entrance for the inmates every week				1						0	1						0	1						0	1								5	1		
	werk	from Mon to Fri water bottle and glass for ○○ and Imane, + list of drinking water behavior	1			0	1	1	1	0			1	1	1	1	1				1	0	1	1	1			0	1	1	1	1	21	17				
routines	1	cleaning up kitchen and clothes every morning before I leave for work	1		1	1	1	1	1			1	1	1	1	1				1	1	1	1	1	1			1	1	1	1	1	21	21				
	2	drink at least 2 liters of water per day	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30	29				
	3	dry shower after showering	1	1	1	1	1	0	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30	28				
	4	7 hours of sleep per day	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30	29				
	5	make cat's litter box clean every day	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	30	29				
	6	call parents weekly			1								1								1							1						4	4			
	7	vacuuming twice a week					0					1					0				1								1					8	3			
	8	jog 3 times a week			1		1		1		1					1		1					1			1		1		1				13	10			
	9	daily diary	1	1	1	1	1	1	1	1	1	1	1	1	1	0	1	1	0	0	1	1	1	1	1	1	1	1	1	1	1	1	1	30	26			
	10	clean office twice a week	1							1						1										1					1				9	6		
1=routine done 0=not done																																						

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Dutch version: Jim Lippens

sum	231	203
12	2.31	87.8788%