

Print off this chart to help count your syns for a given week. Cross off a heart for each syn you use! Some will choose to use flexible syns or a measured amount each day. The most important thing is to stick to the amount in the chart :)

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** |
| **Day 1** |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **day 2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **day 3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **day 4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **day 5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **day 6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **day 7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |