

# 30-DAY STEP STACK TRACKER

Build Momentum Without Breaking a Sweat



# THE ZERO-WILLPOWER STACK TRACKER

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YOUR-DONE-FOR-YOU 30-DAY SYSTEM  
SO YOU NEVER FALL OFF



# HOW TO USE THIS TRACKER

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This tracker is here to help you stay consistent.

You do not need to be perfect.

You do not need to do everything at once.

You just need to keep moving and keep showing up.

Use this tracker to:

- stay on track,
- see your progress,
- and keep your momentum going for 30 days.

If you miss a day, do not restart.

Just keep going with the next box.

Done beats perfect. Consistency beats intensity.

## TRACKING DOES 3 THINGS:

1. **Proves the system works** (you see the numbers climb).
2. **Creates accountability** (you don't want to break the streak).
3. **Triggers dopamine** (checking off boxes feels good).

This bonus gives you a dead-simple tracking system that takes 60 seconds per day and keeps you locked in for 30 days.



# YOUR FIRST 7 DAYS



If you want a simple place to start, use the first week to build your rhythm.

## **For the first 7 days:**

- Pick one anchor you already do.
- Choose one easy movement moment.
- Complete at least one Step Stack each day.
- Track it honestly.
- Focus on consistency, not intensity.

You do not need a big plan.

You do not need to feel fully ready.

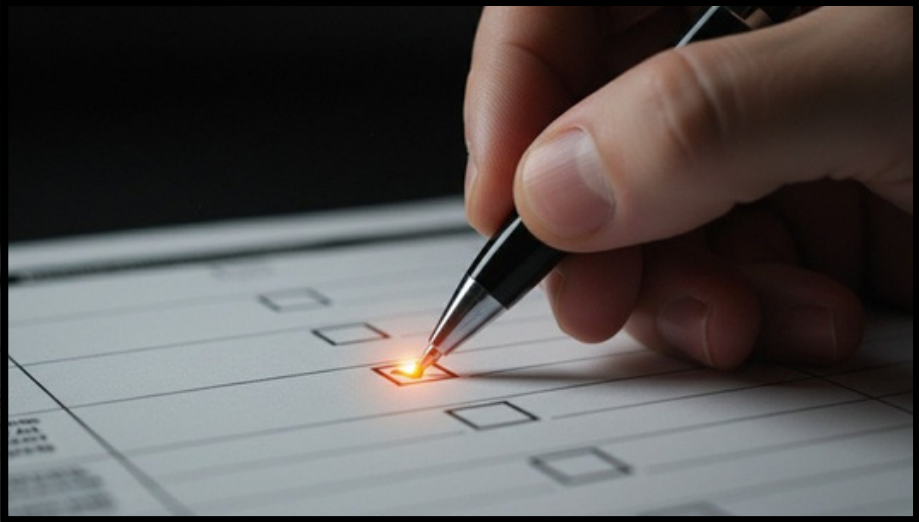
You just need a few small wins in a row.

That is enough to get momentum moving.



# 7-DAY STEP STACK STARTER

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Day 1: Choose your **main anchor**.

Examples: coffee, lunch, after a call, after errands.

Day 2: Complete one simple Step Stack using that anchor.

Day 3: Add one extra movement moment somewhere else in your day.

Day 4: Repeat your easiest Step Stack and make it feel automatic.

Day 5: Use your environment.

Hallway, stairs, parking lot, store aisle, room loop, kitchen laps.

Day 6: Notice how consistency feels.

Day 7: Finish your week by completing at least one more Step Stack and filling out your tracker.

Now roll that momentum into the full 30-day tracker.



# 30-DAY PROGRESS TRACKER

Print this page. Put it on your fridge. Fill it out every night.

Check it off. Build momentum.

Write your start date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

End date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Daily check-in:

Did I complete my Step Stack today?

Any amount counts. Keep the chain going.

[Days 1–15 tracker boxes with notes lines]

[Days 16–30 tracker boxes with notes lines]

**Tip:** If you miss a day, do not restart. Just continue with the next box.

## WEEK 1: THE FOUNDATION

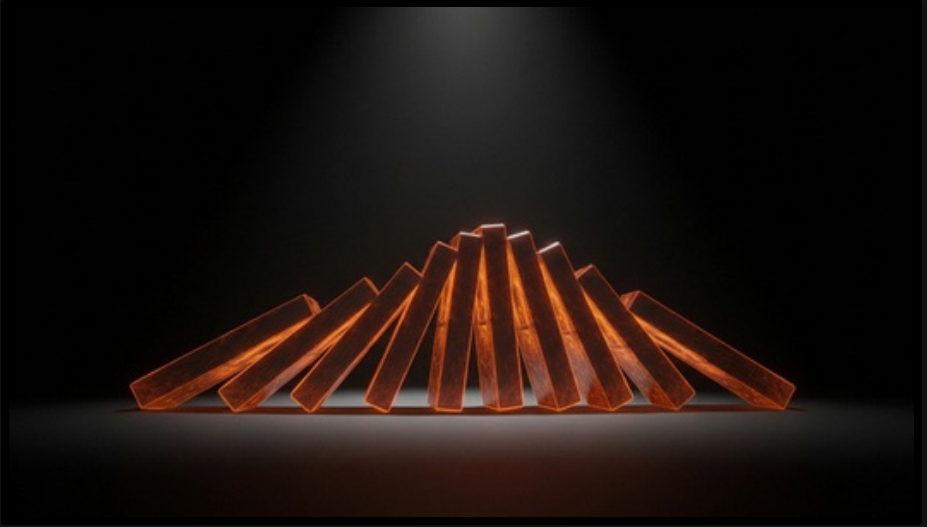
DAY	TOTAL STEPS	STACKS COMPLETED	ENERGY (1-10)
1		/	
2		/	
3		/	
4		/	
5		/	
6		/	
7		/	

**Goal:** Hit 3+ stacks per day. Build the habit.



# DAILY MOMENTUM CHECK-IN

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60 seconds to stay consistent.

1. What is my minimum today?

Even if the day goes sideways, I will do:

2. Where will I stack today?

My anchor:

My location:

3. What would make today a win?

One sentence:

What is the next simplest step I can do right now?

Then do it.

**The Rule:** If you miss a day of tracking, fill it in the next morning from memory. If you only did 1 stack, write it down.

One stack is infinitely better than zero. The goal is not perfection. The goal is momentum.

**Never let 2 days go blank. Protect the streak like your life depends on it.**



# AT-A-GLANCE CHEAT SHEET

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When life feels busy, use this.

The 3 rules:

- Short stacks win.
- Attach movement to a habit.
- Track the chain.

Busy-day plan:

- Stack 1: 3 minutes
- Stack 2: 3 minutes
- Stack 3: 4 minutes

Where to stack:

- Hallway laps
- Stairs
- Parking lot loops
- Store aisle walk
- At-home room loop
- Kitchen laps

Your job is to show up.

Your body adapts after.



# DAILY STEP STACK NOTES

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Today's date:

My anchor:

My stack location:

What I completed:

How I felt after:

What helped me stay consistent:

What I will repeat tomorrow:

After 4 weeks, you'll have 4 screenshots showing your weekly totals climbing.

When motivation dips, open that folder. Look at the progression. **Proof kills doubt.**

**TRACKING IS NOT OPTIONAL.  
IT'S THE DIFFERENCE BETWEEN SUCCESS AND FAILURE.  
START TONIGHT.**

