

DAILY TRACKER

One tick a day. That's the whole job. Don't judge a missed day, just get back on it tomorrow.

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 ☐	31 ☐				

☐ Not yet ☒ Stuck to it

The gap between where you are and where you want to be isn't knowledge, it's doing.
This tracker is the doing. Tick it every day and the habit builds itself.