PROJECT430

Daily Tracker

Year: _____

track your progress daily by checking off each activity. complete all seven to count the day. use the notes section for wins or reflections, and feel free to add any personal habits in the extra space. every 7 days, review what worked, what was hard, and what you'll adjust. this is about consistency, not perfection just show up, stay honest, and keep building.

P4 30

MONTH	JAN		FEB		MAR		APR		MAY		JUN		JUL		AUG		SEP		OCT		NOV		DEC

ACTIVITY	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	#
WAKE UP AT 4:30 AM																																
TRAIN YOUR BODY																																
READ 10 PAGES																																
JOURNAL																																
EAT CLEAN																																
CREATE OR PUBLISH CONTENT																																
HYDRATE																																
LISTEN TO A PODCAST																																
PERFECT DAY	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	