

	Use this tracker to build consistent habits across fitness, focus, family, and finances. Mark each day you complete a task. Log the time it took. Track progress, spot patterns, and realign weekly. You don't need to be perfect—just consistent.																												MONTH:				
Daily	Days	Hour	Time	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F					
Set Daily Focus Blocks																																	
10K Steps																																	
3 micro-breaks																																	
2L Water																																	
Journal 1 win or insight																																	
Total Time Spent																																	

Weekly	Day	Hour	Time	W1	W2	W3	W4	W5	Comments																
Meal-Prep																									
Strength Train x2																									
HIIT or Sprint Session																									
Family Dinner x3																									
Review Budget or Expenses																									
Total Time Spent																									

Monthly	Day	Hour	Time	M	Comments																
Review progress vs. goals																					
Date night (booked)																					
24-hour digital detox																					
Skill course or book																					
Reflect: What's working?																					
Total Time Spent																					

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