30 DAY TRACKER

Four checks a day. Mark each one when it is done. Leave the misses visible so you can learn from them. Do not restart after a miss: adjust and keep marching.

Name _____ Start date _____

DAY	FOCUS	READ + ACT	MOVE	AM	PM
1	Choose Your Ground				
2	Define Your Daily March				
3	Control What You Control				
4	Let Hard Days Harden You				
5	Keep One Small Promise				
6	Make Progress Visible				
7	Stop, Review, Celebrate				
8	Audit Your Three Phases				
9	Win the Morning				
10	Protect Your Best Work				
11	Steward the Workday				
12	Protect the Glass				
13	Design Tomorrow Tonight				
14	Redesign Your Week				
15	Name the Excuse				
16	Separate Limits from Excuses				
17	Event + Response = Outcome				
18	Catch the Personal Excuse				
19	Catch the Professional Excuse				
20	Shift Your Perspective				
21	Show the Evidence				
22	Remove the Wedge				
23	Align Your Thoughts				
24	Align Your Friends				
25	Align Your Family				
26	Align Your Workplace				
27	Align Your Faith				
28	Build a Weekly Alignment Check				
29	Prove the New Trajectory				
30	Choose Your Next March				

KEY READ + ACT: read the day, including the Word, then do the action. MOVE: move for 30 minutes. AM and PM: speak your gratitude. Shaded rows are review days. Heavy lines start a new week.