

Daily Habit System — Tracker & Planner

Quick Start (3 Steps)

- 1) Choose 3-5 Keystone Habits that move the needle for health, mindset, and goals.
- 2) Anchor each habit to a cue (e.g., after I make coffee, I journal for 5 minutes).
- 3) Track daily. Review weekly. Adjust monthly. Progress, not perfection.

Identity Statement (Who I'm becoming):

Why these habits matter (one sentence):

Habit Recipe Builder

After I _____, I will _____ for _____ minutes.

Then I will reward myself with _____.

Signature (Commitment): _____ Date: _____

Weekly Habit Planner

Weekly Habit Planner

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Target
Keystone Habit 1								
Keystone Habit 2								
Keystone Habit 3								
Keystone Habit 4								
Keystone Habit 5								
Keystone Habit 6								
Keystone Habit 7								
Keystone Habit 8								

Weekly Streak & Notes

Daily Page — Focus, Habits & Reflection

Date: _____

Top 3 MITs (Most Important Tasks): _____

One Affirmation: _____

Today's Keystone Habits:

Habit	Trigger	Time	Done
Habit 1			
Habit 2			
Habit 3			
Habit 4			
Habit 5			

Wellness Check (circle): Sleep Water Steps Exercise Fasting Window Meditation

Energy (1-10): 1 2 3 4 5 6 7 8 9 10 Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Focus Blocks (25m):

Daily Reflection (wins, lessons, next tiny step):

30-Day Streak Challenge

30-Day Streak Challenge

Habit: _____

Reward at 30 days: _____

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

Notes / Adjustments:

Habit Experiments — Test, Learn, Improve

Experiment	Hypothesis	Start	End	Result	Next Action

Weekly Review & Reset

Weekly Review & Reset

Wins & Highlights

Lessons & Improvements

Next Week Focus (Top 3)

Remove Friction / Add Boosts

Tip: Bring this page to your Monthly Dashboard to set targets and adjust habits.

Monthly Dashboard — Track What Matters

Theme of the Month: _____

One Habit to Double Down On: _____

Metric	Target	Actual	Notes
Fasting Days			
Workouts			
Reading Sessions			
Meditation Sessions			
Average Sleep (hrs)			
Average Energy (1-10)			
Weight (optional)			
Other Custom Metric			

Notes & Ideas