BUILT DAILY

JRNL

FITNESS APPLIED

THE FREE EDITION

HOW TO USE THIS FILE

This is the whole JRNL. Type in it or print it. Either way it is yours.

TYPE IN IT

Every line, box and circle in this file can be filled in on a computer, a tablet or a phone. Click a line and type. Click a circle to mark it. Click it again to clear it. Press Tab to move to the next line.

Save the file when you finish and your answers stay in it. A free PDF reader such as Adobe Acrobat Reader is the safest way to do that. A web browser will let you type, but it does not always save what you wrote.

OR PRINT IT

Print on US Letter paper. On A4, choose "fit to page." Print on both sides if your printer can. The cover is page 1 and it uses a lot of ink, so start at page 3 to skip it.

You do not have to print all of it at once. Print the guide pages first, then one week at a time.

WHAT PRINTING COSTS

The file is free. Paper, ink and something to hold 44 sheets together are not. A copy shop charges for every side it prints and again for the binding, and you need a new JRNL every six weeks.

So try it here first. If you like it and want to keep going, the hardcover is the easier way to do it. A copy shop usually charges about what the book costs. It is at fitnessapplied.com/jrnl.

FREE ON PURPOSE

Share this as much as you like. Send people to fitnessapplied.com/jrnl so they get the newest copy. Please do not sell it.

JRNL

42 days, one page each

THIS JRNL BELONGS TO

NAME

START DATE

DAY 42 DATE

START HERE

1. Read the guide pages, then start on day 1.
2. Fill in one page a day, morning and night.
3. Plan on Monday and read the week on Sunday.

The days come one at a time, and so do the pages. A missed day is not a failed day.
Start again with today's page.

WHY TO KEEP AND TRACK THIS JRNL

Most days disappear. We get up, do what the day asks, go to bed, and by Friday cannot remember what the week was like other than knowing how we felt. This JRNL is where we stop that. One page a day, a few marks each, and the quality of each day is written down before it's gone.

This journal is meant to help us recognize the patterns in our lives. A single day is just a snapshot in time. It measures the quality of life in the same way that a photograph does. When measured days turn into measured weeks, then measured months and years, we get a true look at how we affect our own lives.

This journal will also help with self-acceptance and recognition. If we are paying attention to our internal world and recording it in the right way, we will be able to understand our flaws differently. We will be able to see the correlations between our feelings and our behaviors. When done correctly, we give ourselves the power to make those substantive life changes we know we need to make for ourselves.

We can get out of our own way and build the life we want for ourselves.

READ THIS FIRST

BEFORE STARTING

CHECKING IN ON OUR HEALTH

This book is general information, not medical advice. It is a diagnostic tool intended for self-use and reflection. It will not replace the value of correct professional care. Though it should be considered safe for all ages, children under the age of 18 should be supervised by a responsible parent or guardian.

The JRNL is not a replacement for exercise instruction and training. All references to exercise, fitness and working out are intended as reference points for you to get started.

Before starting any exercise program, take the PAR-Q+, a short health questionnaire at www.eparmedx.com. However, you should always get medical clearance before starting any new exercise program. If any answer is yes, it is imperative that you reach out to your doctor before getting started. Even if the risk is low, there is always potential for unpredictable outcomes, especially if the symptoms involve pain, an injury, a medical condition, or pregnancy. Parents who have had a baby in the past year should also talk to their medical care teams.

CHEST PAIN OR PRESSURE WHILE EXERCISING? STOP. CALL 911.

If chest pain or pressure lasts more than a few minutes or keeps coming back, or comes with shortness of breath, a cold sweat, nausea, lightheadedness, or pain in an arm, the back, neck, jaw, or stomach, call 911 or emergency response right away. Do Not Wait!

WHAT THIS BOOK IS NOT

This journal will not expressly diagnose or identify any medical conditions. However, the patterns may be helpful with all aspects of personal development.

Sleep and effort scores are subjective ratings. They are not medical tests, and they are definitely not validated clinical scales.

This book is not a treatment for any conditions.

HOW TO USE THIS JRNL

IN THE MORNING

Read the prompt and answer it in a thoughtful and meaningful way.

Check the wake-up routine box if you did it and write down the wake-up time.

Score the previous night's sleep honestly. Believe it or not, extended periods of bad or no sleep will cause major problems, socially and physically.

THROUGH THE DAY

If planned correctly, daily focus will be around one six-week goal. It doesn't matter what the improvement is; the goal just needs to be improvement around a single objective. One way professionals help their clients is through the development of S.M.A.R.T. goals.

- S - Specific: Is the goal Specific?
- M - Measured: How do you know you reached the goal?
- A - Attainable: Can this goal be realistically accomplished without negatively affecting daily life?
- R - Relevance: Why is this goal important? If it's not, it won't be achieved. Keep this in mind!
- T - Time: This is sort of baked into the journal. There are 6 weeks to accomplish it. Keep it small.

Get outside if possible. The importance of pre-noon light exposure is becoming more apparent in the research. It helps with circadian rhythm and mood. Sunlight also provides vitamins. If you cannot get outside, try to get in front of a sunlit window and read a book with an open window if it isn't too cold. If you are allergic to UV light, create a care plan with your medical team that will help you receive these benefits without compromising your health.

Nutrition is also important. There is ample research on whole food nutrition, and there are programs built around it. It is important to pay attention to what we eat. There is a significant correlation between processed food and mental health as well. It's not just physical. The meal prep aspects of this journal are intended to help create the time to eat high-quality, home-cooked meals. Cooking is one of the best self-care methods.

AT NIGHT

The evening is the reflection point. Take the time to assess the day. Did you read? How long? Hopefully, it was from a book chosen to read for the 6-week journal. Did you focus on your personal focus goal? Why not? What went well? What went awry? How can you approach similar situations next time to yield a better outcome? Take the time to calm down and self-reflect.

ON SUNDAY

Sunday shouldn't be about turning your brain off, sitting on the couch and watching sports. It's not a time to "regret" the week ahead in anticipation of the daily BS. Culturally speaking, Sunday should be used for reflection, preparation and presence. This is a good day to reflect on the previous week's performance. If journaled correctly, you will have plenty of quality information to help you adjust for the upcoming week.

ONCE A WEEK

Each week opens with a planning page. The previous week's reflection time is perfect for planning the upcoming week. Having the previous week's analysis fresh in your mind, you should have a good understanding of how to approach the coming days. This is what that planning page is for. This is your weekly intention anchor. Use it to build the life you want for yourself and your loved ones. Keep in mind that building isn't always doing, and doing isn't always action. A lack of action is still action in the same way that a negative number is still a number.

THE MAP

Where each page is, and what it is for.

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WHAT COUNTS AS A REWARD

THE REWARDS ARE ALREADY IN MY DAY

In terms of motivation, there are two types of rewards: internal and external. One performs for self; the other performs for attention. Both have their place, but one leads to the life you want. The other satisfies your ego. One leads to long-term success and the other burnout. Pay attention to your rewards and why you have them. The lower the quality, the more damage they will cause in the effort to accomplish them.

Each small win you write down at night is a reward too.

The deal is simple. Do the small things, write them down, and let them count. Don't discredit the effort it takes to accomplish them. You will have to work against yourself to accomplish them. It's human nature. Big results are the outcome of a lot of small accomplishments. A bed made, a walk taken, one task finished, one kind word said: each one goes on the page, and the page is the proof.

At night, the box you fill on the progress page is the last small reward of the day. The small wins are the rewards.

Don't oversell your efforts, but don't sell yourself short. Learn to acknowledge your intentions honestly and openly, and they will become better. More comprehensive, but targeted at the same time. The more you can account for in your intentions, the better the outcome will be for everyone involved in your efforts.

IF A DAY IS MISSED

In the grand scheme of life, missing a day is not a big deal. It only becomes important when one day turns into two, and then eventually the goals are dropped. It's easier to start over. This is daily life for most people. Mess up, throw it all out and start over. This intention wreaks havoc on our relationships. We need to learn how to show up as ourselves. No one is perfect. If someone asks you how you contributed to a problem and your response is that you did nothing, remember a lack of action is still action. You played a role. Denying that will kill your relationships. Learn how to show up when you're wrong. Learn how to accept constructive criticism (even when it's from a place of anger). Learn how to correct your wrongdoings. Show up for yourself.

THE STREAK

The count keeps going. If you miss day 9, day 10 is still day 10. Shrug it off and pick up where you left off. The goal is 42 pages, not 42 in a row. A single measurement for a day is still meaningful information. Why did you miss the day? Write it down in the weekly reflection. If you are paying attention to yourself, you will know why you missed that day. It's alright. You're not perfect. You won't reach your goals if you don't show back up. If you find that you can't, it's more valid information. That's the information that your care team can use to help you make the best adjustments and decisions for your life. You'll have concrete data, not just vague feelings.

METRIC 01

THE MORNING PROMPT

One question each morning about how I look at people, and at my own day.

WHAT IT IS

Each daily page opens with a reflection for the day. It's something to think about. The questions come from four themes about how to treat people and your environment. Each theme is a guide, not a fixed rule. It bends to fit the situation. For many, this will be the most challenging aspect of the journal. Many will fail to understand their responsibilities to their circumstances. They will not know how to be accountable to themselves. That is even more reason to ruminate on it. Not enough people dwell on the consequences of their actions to learn to stop their bad behavior.

WHY TRACK IT

This is where we can get a good idea about what our world view is. These reflections are intended to help us reframe the way we look at others in our community. This is an opportunity to challenge your internal dialogue in a way that helps you get a more comprehensive understanding of your life and those involved, whether by intention or proximity.

WHAT THE PATTERN TELLS YOU

On the weekly reflections, do the same names keep coming up? What reflections are hard to sit with? Do you find yourself ceding control to others? Do you have trouble advocating for yourself with certain people? This is where you really need to start working to understand yourself. Why is all of this happening? What can be done about it?

These patterns will help you make the corrections necessary to change the outcomes you want changed.

GET MORE FROM IT

The four themes share one idea: How can you honor your experience while simultaneously allowing others to have theirs? Every person in a situation deserves the right to have their feelings and perceptions. It's not right to deny a person's life and decisions because you don't understand them. Just because you don't have the same beliefs or morals as someone else does not make the other person wrong or bad.

OBJECTIVE POSITIVE REGARD

1. Judge yourself first. You are the only person in control of your behavior. If you treat someone poorly because of how you see them, you are the problem. You aren't perfect. You aren't immune from mistakes. Fix yourself. Don't wait for backlash from others. Stop gossip.
2. Look for the best in people. Acknowledge the circumstances, but always give the benefit of the doubt. Figure out how to protect yourself however you need to, regardless of others' intentions. Mistakes, miscommunications and ill intentions will lose their effects.
3. The Golden Rule: If it needs to be said here, your personal problems might be bigger than you think. If your beliefs allow you to treat people poorly because they are different, you are wrong. Kindness first; ask before deciding. If the situation requires immediate intervention, treat the situation objectively. Stabilize it. If you would like to be given the benefit of the doubt in a situation that is convoluted, the other people in the situation deserve the same respect.
4. Maintain healthy boundaries. This is where you will be able to remove bad actors in your life. Bad actors (whether intentional or not) do not care about boundaries for whatever reason they may have. They will likely think their behavior is not a problem and that your boundaries are. They think this way because they aren't getting what they want from you, even if they think their intentions are good.

METRIC 02

MY WAKE-UP ROUTINE AND WAKE TIME

A few small steps in the same order, and the time I got up.

WHAT IT IS

Your morning routine is as important as your intentions. How you wake up and approach your morning sets your day up. If you allow it to control your direction, you will spend your day reacting to your environment instead of being prepared to respond to it. One accepts responsibility; the other deals with it. When you normalize your habits and routines, life becomes more predictable. Predictability might be one of the best things for remaining grounded.

WHY TRACK IT

The CDC says adults need 7 or more hours of sleep, and it lists getting up at the same time every day as one of its habits for better sleep. A good sleep routine is another means of building a stable life, and a lot more goes into it than lying down at a decent hour and getting out of bed when the alarm goes off.

HOW TO FILL IT IN

Fill out the pre-start worksheet to plan out your morning routine. Think of this as a daily SMART goal that just needs recognition as to whether or not it was accomplished. It will help with discipline. This is one of those, "Did I do it" goals. A simple yes or no. More days on than off is the goal.

WHAT THE PATTERN TELLS YOU

A bad sleep schedule will inevitably mess up a morning routine. If not immediately, definitely in time. This is one of those daily habits that can be tied to the day's events.

GET MORE FROM IT

Give yourself more time than you typically need to wake up and get into the morning habit. Don't let stress and timelines control how you feel. Take the preemptive measures to ensure that you are in control of yourself and your environment (not others), and that you are responsive, not reactive.

MISSED IT?

Woke late, or skipped a step? Leave the tick blank and still write the time. The time is the record. Tomorrow is another day.

THREE STEPS, TWENTY MINUTES

When it comes to your morning routine, set the goal. If it has to start with getting out of bed at a specific time, so be it. The more you can adhere to, the easier it will be to establish the routine.

WEEK 1 WORKSHEET

MY WAKE-UP ROUTINE

I answer these in week 1, then tick the routine on each daily page.

1. What time will I get up each day, weekends too?

2. What do I do in the first 10 minutes now?

3. What is one thing in those minutes I want to change?

4. Which 3 steps will fill my first 20 minutes, and in what order?

5. What could get in the way? What will I do then?

6. Where will my phone be when I wake up?

METRIC 03

MY SLEEP SCORE

My own rating of how last night felt, from 1 to 5, with a few words on why.

WHAT IT IS

Each morning you score last night's sleep from 1 to 5 with an associated quality metric. It's nothing special. Just a simple measure for tracking purposes. Its only intention is to codify sleep quality.

WHY TRACK IT

Sleep sits under everything else on the page. The CDC says adults need 7 or more hours, and that regular bed and wake times help. This will be a good consistency metric. Daily life varies; sleep quality should not.

HOW TO SCORE IT

Score your sleep as soon as you wake up, or as soon as you remember to journal.

Then the notes: late night, stress, a hard workout, a quiet room, a late meal, noise. Pay attention here. With time you should see patterns.

The note is what gives the score meaning.

WHAT THE PATTERN TELLS YOU

On Sunday, copy the seven scores into the week strip and read them next to effort. A low score is rarely alone. Pay attention to the snapshot. Do patterns show up? Can they be mitigated?

Short sleep is inevitable. Chronic loss of sleep is unhealthy. When the weeks are dialed in, pay attention to the daily habits. How correlated are they? Do the notes show a pattern?

GET MORE FROM IT

Take precise notes about what's going on. They can be short, but the details need to count.

MISSED IT?

Try to make your JRNL part of your morning routine. It will help ensure that you are actively working your goals.

THE SCALE

1	**Rough**	"Little sleep, and I feel it."
2	**Broken**	"Up in the night more than once."
3	**Okay**	"Enough to get on with the day."
4	**Good**	"Slept through and woke without a struggle."
5	**Great**	"Woke rested, before the alarm."

METRIC 04

DAILY EFFORT TRACKING

One number for how the whole day went against my plan, not just at training.

WHAT IT IS

Effort is a number score, 1 to 5. It represents how well the plan went that day. It's a 1 if the plan failed, setbacks happened, and it took everything from you to get through the day. On the opposite end, a 5 would be a day that went better than perfect. Not only did you accomplish the daily tasks, but your efforts yielded positive outcomes that you weren't expecting.

WHY TRACK IT

Tracking your daily efforts helps you find longitudinal patterns. This will be helpful in reaching your goals. You will be able to find and isolate limiting variables. You will be able to look at daily adjustments that can help you get closer to your long-term goals.

HOW TO SCORE IT

Take a couple of minutes to reflect on how the day felt. Don't dwell on it necessarily, but focus enough on your emotions through the day and what they were like.

WHAT THE PATTERN TELLS YOU

Because our days are varied, we are more focused on the preset and our obligations than on our patterns. Psychologically speaking, it is really difficult to understand how we present ourselves to the world. This journal will help with learning new approaches to the consistently similar outcomes you want to change, however those solutions present themselves.

GET MORE FROM IT

The information has the ability to help assess so much about yourself. Be honest. Don't convince yourself to score the day better than you initially thought it was. Optimism is great, but in the wrong places it can be a form of denial. The best thing you can do for yourself here is to be fully honest. Only you see this.

THE SCALE

1	**Total failure**	"I wish today didn't happen."
2	**Tough**	"It was hard to get something done, but I did it."
3	**Solid**	"I might have missed a task or two, but all in all, it was a good day."
4	**Ideal**	"Today was smooth. I met all my goals. My mind was in the right place."
5	**Beyond perfect**	"I killed my goals and exceeded expectations."

METRIC 05

MY STEPS

A count of how much I moved, from a phone, a watch, or a rough estimate.

WHAT IT IS

A step count is a general count of how much you moved through the day. As technology is taking over every aspect of life, it can become difficult to get the amount of exercise we need if we are not actively focused on it. Walking is the easiest thing that we can physically do to benefit our health. If no other exercise is done during the day, walking is the very least we should focus on being good at. Though there is no real correlation between step count and health benefits, it's a simple metric to pick and reach. If you don't want to use steps, that's okay. Pick the measurement and use the unit you choose. It could be tracked in miles, minutes, or blocks. Just maintain consistency with it. The most important aspect is the intention during the activity.

WHY TRACK IT

The HHS Physical Activity Guidelines say to move more and sit less, and that any amount of activity counts. Steps make moving visible. You were born to walk. It's something many people wish they could do. It's a simple thing to be grateful for.

HOW TO SCORE IT

Most devices have technology baked into them that allows them to analyze so many things that you don't realize they are analyzing on the spot. If you don't want to track the steps via some sort of step counter, pick a route and walk that. Track the laps done each day. Evening walks with your family are a great way to implement something everyone should be doing. If you can walk to work as well, that is even better! To put steps into perspective, the generally suggested 10,000 daily steps will be roughly 2.5 to 5 miles of walking depending on your stride length. That's a great walking goal to start with. 2.5 to 5 miles of accumulated walking is easily attainable.

WHAT THE PATTERN TELLS YOU

On Sunday, read steps against the Outside tick and the Trained tick. A low-step day with a training tick means you sat all day and then trained. A low-step week with no walks means the walk is what moves you. A high day stands out, so ask what made it: a walk, an errand, a day away from the desk. More than last week is the point, not a magic number. The question to ask: what did your lowest step day look like, and do you want more of those?

GET MORE FROM IT

Find your floor: the number you hit on a desk day with no walk. Then find the one thing that lifts it most, and plan that thing into the week.

MISSED IT?

No number today? Write your best estimate and a question mark. If you have no idea, leave it blank. Do not invent a number to fill the box.

WHERE THE NUMBER COMES FROM

A phone or watch count is fine. Stay with one device so the days compare. With no device, estimate: about 100 steps a minute at an easy walking pace is a rough guide, so a 20-minute walk is about 2,000 steps. Rough guide, not a measurement. The HHS guidelines say any amount counts.

METRIC 06

I GOT OUTSIDE, AND ONE THING I NOTICED

A tick for time outside on purpose, and a few words about what I saw.

WHAT IT IS

At the heart of it, this is a reminder to be present with our surroundings and to pay attention to them. It starts with noticing things you don't usually pay attention to, like the different materials and designs of the houses and buildings in our neighborhoods and communities, or the sounds, smells, and people. There is an entire world outside of your phone.

WHY TRACK IT

Again, the HHS Physical Activity Guidelines put "move more and sit less" first, and a daily walk is a perfect way to do that if you are not a very active person. It is also a way of putting technology down and being present with your world.

HOW TO FILL IT IN

Check the box if you got outside. Then write one detail that you noticed: a sound, a smell, the light, a person, a change since yesterday. One line. In week 1, plan the time outside on the worksheet that follows this page.

WHAT THE PATTERN TELLS YOU

On Sunday, read the Outside ticks next to effort and the went well lines. On the days you got out, what went well most often? On the days you did not, what filled that time? A week of ticks with blank noticed lines means you went out with your phone in your hand. A week of empty ticks is usually a week of weather or a week of overload, and the notes will say which. The question to ask: what do you notice on the days you get out that you never notice indoors?

GET MORE FROM IT

Swap one habit you are looking to change for getting outside. Even better, if you don't have an outdoor hobby, this is a great way to explore one. Bikes are always fun! Dogs need to be exercised.

MISSED IT?

Missed it? Step outside for a few minutes, even just by the door, and notice one thing. Walk again tomorrow.

WALKING MEDITATION

Easy pace. Conversational. A route you know, with good footing. Preferably peaceful and quiet. Use the time to allow your head to be clear without thinking. Focus on experiencing your surroundings as they come.

BEING PRESENT OUTDOORS

I answer these in week 1.

1. Where will I walk? Which route do I already know?

2. What time of day will I go?

3. How long will I walk at first?

4. Which habit will I swap for the walk?

5. When do I usually do that habit?

6. On a busy day, where can I step outside for a few minutes?

METRIC 07

MEALS AND FOOD PREP

A few words for each meal, and a tick for the days I cooked or packed ahead.

WHAT IT IS

The page has three short meal slots: morning, midday, and evening, for jotting down what you ate in a few words. Below them is a tick for the days you prepared the food yourself. Cooking is another great way to be present. It is also a great way to contribute to your community and loved ones' lives. There is no meal plan and no calorie target in this book. It is not intended to provide nutrition or dietary advice. Just awareness of what you eat. There is ample research showing the correlations between our mental health and what we eat. Do whole food days contribute to better overall quality of life? You'll see how your nutrition plays a role.

WHY TRACK IT

It's hard to track food habits and cravings. They're automatic. We don't think about them until after we've consumed them. Three slots a day for 42 days is a record no memory can match. The prep checkbox shows you the other half: the quality of the food that you ate.

HOW TO FILL IT IN

Fill it out as you go along. A few words: eggs and toast, leftover chili, sandwich at the desk. The candy bar you grabbed because you skipped lunch. Check the box on the days you prepped or packed food for later. If you had a prep day, check the box on Sunday if it was accomplished for the week.

WHAT THE PATTERN TELLS YOU

On Sundays, reflect on how your nutrition plan for the week went. Was it whole food? Did you prepare or cook?

GET MORE FROM IT

Pick one cook day a week. Plan it on the worksheet that follows this page. For your first cook day, use a recipe you already know. Cook once, portion it, label and date each container, and eat from it for more than one day.

MISSED IT?

Missed a slot? Fill it from memory or leave it blank. Missed the cook day? Cook a smaller batch another day, or keep the week's meals simple. Pick the day again next week.

FOOD SAFETY

Food safety basics: cooked food goes in the fridge or freezer within 2 hours of cooking, or within 1 hour if the air is above 90°F. Cooked meat, poultry, fish, soups, and stews keep 3 to 4 days in the fridge. Freeze what you will not eat by then. Label and date every container.

MY COOK DAY

I answer these in week 1.

1. Which day will be my cook day?

2. Which meals do I want ready for the week?

3. What will I cook? Do I already know the recipe?

4. How many meals do I want from one cook?

5. What is on my shopping list?

6. Which containers and labels do I have? What do I need?

METRIC 08

I FOCUSED ON ONE GOAL

One task, chosen the night before, done with my full attention.

WHAT IT IS

Focus is one task done with your full attention. The goal is to focus on something you would like to improve. Ideally, this is going to be a set goal for you to focus on for the duration of your JRNL experience. If you spend your daily allocated time focusing on your goal, you will have spent 6 weeks intentionally working on it. It should be a part of your daily routine by then.

WHY TRACK IT

Most days are full of work. If you forget to allocate personal development time for yourself, you will lose yourself trying to be the person the world wants you to be. Make the time you have count.

HOW TO FILL IT IN

Tonight, write tomorrow's objective, small enough to finish in one block. Give yourself some room to accomplish it. Tomorrow: check the box and annotate how much time you spent actively focused on the goal.

WHAT THE PATTERN TELLS YOU

How important is this goal to you really? If it is, you should see dedicated time spent towards improving. Your After Action Report will likely talk about how it's going. You will be learning how to make substantive progress towards its completion.

GET MORE FROM IT

Start small. Don't make big, overarching gestures. Those are well intended but unsustainable. A smaller, more intentional effort towards long-term implementation will feel underwhelming at first, but the confidence and competence that you will gain with time on this goal will be unsurpassed. Every JRNL becomes smaller steps to bigger aspirations.

MISSED IT?

Did not get to it? Leave the box blank and write the task down again for tomorrow, or write a smaller one. Two blank days in a row might mean the task is too big. Reassess. It's not a big deal. But it is worth figuring out.

METRIC 09

READING

A few minutes a day from a book I picked, written down in minutes.

WHAT IT IS

This is a simple thing to work on. Reading can be anything of your choice as long as the material is intentional. The more formal the format, the better the reading is. A newspaper is fine. A magazine is great. A book is perfect. One that makes you think would be ideal. Pick any topic you want to read about. It doesn't matter if it's fiction or not.

WHY TRACK IT

The ability to read is an important skill. It is something that we should do frequently to ensure that we are using all of our abilities to their fullest. It is something that takes practice to be good at.

HOW TO FILL IT IN

At night, write the time you intentionally sat down to read. Round up or down to the nearest 5 minutes. On Sunday, add the cumulative time spent reading throughout the week and answer the three reading questions about the material. If there is more than one title of anything that you read, there is a space at the back of your JRNL to write all of that down.

WHAT THE PATTERN TELLS YOU

Reading often lives at the end of the day, so a week of zeros usually means the evenings got eaten by something else, and the sleep notes often say what. A week of 10s and 15s is a habit forming. A week of one 90 and six zeros is a different thing: reading in binges. Were you avoiding something?

GET MORE FROM IT

Keep the book near this JRNL. Read at your own pace; there is no page target. Start with something that you will be able to pick back up without dreading it. Give it time by reading about what interests you. It doesn't have to be a profoundly insightful read to benefit from reading.

MISSED IT?

It's not a big deal. This is one of those more days on than off things. Just pick it back up. If you find yourself avoiding it, make note of that.

METRIC 10

EXERCISE

A tick for the days I trained, and which session it was. The details live elsewhere.

WHAT IT IS

The daily page has one tick for "I trained today," a line for which session, and a check for "Rest day." That is all. The sets, loads, and effort live in the Gym JRNL or any other log you keep. This book does not instruct exercise.

WHY TRACK IT

Exercise is imperative for a healthy lifestyle. It's up to you to figure out how you want to be active, but work on building an exercise routine. The benefits are innumerable. This might be the toughest lifestyle change to make. It can be exhausting, difficult to maintain, and daunting to get used to. It is also one of the most effective mood changers you will have in your day.

HOW TO FILL IT IN

This is a simple check as to what was done. Just the generics.

WHAT THE PATTERN TELLS YOU

On Sunday, count the ticks against the training days you wrote on the week plan. Did you adhere to the plan for the week? What else was going on that got in the way? Were you too tired to get in after work? The Gym JRNL has the readiness strip for the details. The question to ask: Why did you skip, and what did you do with the time?

GET MORE FROM IT

Pick a single exercise goal to work on and focus on that for the 6 weeks. See if you can reach the goal. Don't make it too grand. Don't make it too easy either. Just hard enough to be doable with focus.

MISSED IT?

Missed a session? Can you make the session up on another day without compromising the rest of your schedule? This is time to be present in your body. Proprio- and interoception. Work on it.

MY GYM JRNL

The check box says you trained and which session. The sets, loads, and effort scores live in the Gym JRNL. Before any new exercise: the PAR-Q+ at eparmedx.com and the Gym JRNL's Before starting page.

METRIC 11

MY AFTER ACTION REPORT

Three short blocks at the end of each day: what went well, what did not, what I will do better.

WHAT IT IS

Each day ends with the After Action Report. Three blocks, up to 3 lines each: what went well, what did not go well, and what can be done differently next time.

WHY TRACK IT

This is the quality assessment of your day's efforts. Did you hit your day's target? Why not? This is where that gets assessed.

HOW TO FILL IT IN

Start with the good. Did you handle a difficult situation better than you have in the past? Did you learn something that changed your perspective for the better? Did you go above and beyond without needing to be rewarded for it? Did you help someone else?

Next are the things that didn't go as planned. Don't blame someone's intentions or character; highlight their behavior. Did you lose your temper? Did you go back on your word? Don't judge yourself for it, just pay attention to what you did.

Last, think about how you could approach those situations differently. If an altercation occurred, even if they were misbehaving themselves, how could you have carried yourself to help maintain a collectively controlled environment? Those are the changes you want to write down and remember.

WHAT THE PATTERN TELLS YOU

It can be hard to read a pattern in just a few weeks. A month or two in, that's where you start recognizing patterns. Finding ways to implement the long-term changes is where the life building takes place. That's where you see the large effects of small changes. This is where people notice the change. If they can't, you will have a reference to reflect on to show yourself where you started.

GET MORE FROM IT

This is the time and place for the hard accountability. Be diligent in your assessment of yourself. Don't sugarcoat it, but don't talk poorly to yourself either. If you are too hard on yourself, you won't be capable of learning the lessons.

MISSED IT?

Missed a night? Get back to it when you remember. Try to set a reminder next time.

METRIC 12

THE SUNDAY REVIEW AND MY WEEK STRIP

Once a week I copy the marks, count them, and read the week as one picture.

WHAT IT IS

The Sunday review closes each week and begins preparation for the coming week. At its center is the week strip: a grid with a row for each daily mark and a column for each day. Copy the week's marks into it, so seven pages become one picture. Below it: counts, three comparisons, the week's question, the reading questions, the wins, and how you're going to focus on your goal for the coming week.

WHY TRACK IT

A daily page tells you about your day. With time, the strip explains your life. Patterns you cannot see one page at a time appear when the data sits side by side. This is the page the whole book is for.

HOW TO FILL IT IN

Row by row, copy each day's marks from the daily pages into the strip: sleep and effort scores, steps, reading minutes, and the ticks for focus, outside, prepped, and trained. Checks become a count in the Week column. Scores become an average. Then, fill in the counts, answer the comparisons and questions, and write down the wins.

WHAT THE PATTERN TELLS YOU

Read the strip across, then down. Across, each row is one habit's week: where it held, where it broke. Down, each column is one day: what a 2 for sleep did to everything beneath it. Two rows that rise and fall together are a pattern. A column that is blank from top to bottom is a day that got away; ask what took it. Six strips, laid side by side at day 42, show six weeks at a glance. The question to ask: what rows move together?

GET MORE FROM IT

Write the week's question and the three comparisons before you write the wins, so the wins come from the evidence. One thing to try next week means one way to approach your goal. On Monday, copy it onto the week plan under "One thing I am trying this week."

MISSED IT?

Missed a Sunday? Fill in the strip from the daily pages on Monday. If the daily pages are thin, copy what is there. Gaps in the strip are information too.

THREE COMPARISONS I MAKE EVERY WEEK

Sleep against effort: what did your best and worst nights do to the next day? Outside against wins: on the days you got out, what went well? Focus against went well: when you picked one task for the week, what showed up as a win? One line each, on the review page.

MY 42 DAYS

ONE BOX PER DAY

I fill in one box each night I finish a page. The picture is the point.

WEEK 1

1	2	3	4	5	6	7

WEEK 2

8	9	10	11	12	13	14

WEEK 3

15	16	17	18	19	20	21

WEEK 4

22	23	24	25	26	27	28

WEEK 5

29	30	31	32	33	34	35

WEEK 6

36	37	38	39	40	41	42

HOW TO READ IT

Gaps are information, not failure. One gap is a day. A cluster of gaps is a question for Sunday: what was going on that week? Do not go back and fill boxes for days you did not write. The picture is only useful if it is true.

PLAN IT MONDAY, READ IT SUNDAY

MY WEEK 1

DATES _____

ONE THING I AM TRYING THIS WEEK

DAY	MY ONE FOCUS TASK	TRAINING	WALK	READ
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

MY BOOK THIS WEEK

MY COOK DAY

MY USUAL WALK TIME

WHAT COULD GET IN THE WAY THIS WEEK, AND WHAT I WILL DO THEN

Two training days are better than none. I decide.

DAY 1 OF 42

WEEK 1 DATE _____

MORNING PROMPT

Who will I see today? What is one thing they do well?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 2 OF 42

WEEK 1 DATE _____

MORNING PROMPT

Who upset me lately? What is a kinder reason for what they did?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL *How did it feel? What made it work?*

1

2

3

UP TO 3 THAT DIDN'T GO WELL *What did I feel? What set it off? How did I contribute to this?*

1

2

3

UP TO 3 TO DO BETTER *How will I contribute differently next time?*

1

2

3

TOMORROW'S ONE TASK _____

DAY 3 OF 42

WEEK 1 DATE _____

MORNING PROMPT

Where might I need to say no today? How will I say it kindly?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 4 OF 42

WEEK 1 DATE _____

MORNING PROMPT

Do I need to correct someone soon? How can I do it in private?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

(1) (2) (3) (4) (5)

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

(1) (2) (3) (4) (5)

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL *How did it feel? What made it work?*

1

2

3

UP TO 3 THAT DIDN'T GO WELL *What did I feel? What set it off? How did I contribute to this?*

1

2

3

UP TO 3 TO DO BETTER *How will I contribute differently next time?*

1

2

3

TOMORROW'S ONE TASK _____

DAY 5 OF 42

WEEK 1 DATE _____

MORNING PROMPT

Who helped me this week? How will I thank them today?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 6 OF 42

WEEK 1 DATE _____

MORNING PROMPT

If someone is late today, what kind reason will I think of first?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 7 OF 42

WEEK 1 DATE _____

MORNING PROMPT

What is one thing I will not take on today?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

(1) (2) (3) (4) (5)

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

(1) (2) (3) (4) (5)

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

MY SUNDAY REVIEW

WEEK 1

DATE _____

MY WEEK STRIP

	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
Sleep (1-5)								
Effort (1-5)								
Steps								
Reading (min)								
Focus								
Outside								
Prepped								
Trained								

I copy each day's marks here. Ticks become a count. Scores become an average.

Daily pages I filled in (of 7) ☐ Days I trained ☐ Days I got outside ☐

Reading minutes this week ☐ Cook day done ☐ Focus days ☐

WHAT THE NUMBERS SAY

My best sleep nights were... and my effort on the days after them was...

On the days I got outside, what went well most often?

When I focused on one task, what showed up under "went well"?

This week's question: What did I notice about my own days this week that I did not expect?

THE BOOK I AM READING

What did I read this week? Two lines.

Where did something I read show up in my own week?

What is one thing I want to try because of what I read?

WINS I EARNED THIS WEEK

1

2

3

ONE THING I WILL TRY NEXT WEEK

NOTES

Ideas as they come, and anything I need to remember.

PLAN IT MONDAY, READ IT SUNDAY

MY WEEK 2

DATES _____

ONE THING I AM TRYING THIS WEEK

DAY	MY ONE FOCUS TASK	TRAINING	WALK	READ
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

MY BOOK THIS WEEK

MY COOK DAY

MY USUAL WALK TIME

WHAT COULD GET IN THE WAY THIS WEEK, AND WHAT I WILL DO THEN

Two training days are better than none. I decide.

DAY 8 OF 42

WEEK 2 DATE _____

MORNING PROMPT

What recent mistake do I blame on one person? Who else played a part?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 9 OF 42

WEEK 2 DATE _____

MORNING PROMPT

Someone I barely know: what have I seen them do well?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 10 OF 42

WEEK 2 DATE _____

MORNING PROMPT

What remark bothered me lately? What else could it have meant?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

(1) (2) (3) (4) (5)

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

(1) (2) (3) (4) (5)

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 11 OF 42

WEEK 2 DATE _____

MORNING PROMPT

What is one line I want to hold today, even if it is hard?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 12 OF 42

WEEK 2 DATE _____

MORNING PROMPT

How can I point out a problem today without making anyone feel small?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 13 OF 42

WEEK 2 DATE _____

MORNING PROMPT

Who do I take for granted? What do they carry that I never mention?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 14 OF 42

WEEK 2 DATE _____

MORNING PROMPT

Before I judge a choice someone made, what could I ask them first?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

(1) (2) (3) (4) (5)

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

(1) (2) (3) (4) (5)

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

MY SUNDAY REVIEW

WEEK 2

DATE _____

MY WEEK STRIP

	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
Sleep (1-5)								
Effort (1-5)								
Steps								
Reading (min)								
Focus								
Outside								
Prepped								
Trained								

I copy each day's marks here. Ticks become a count. Scores become an average.

Daily pages I filled in (of 7) ☐ Days I trained ☐ Days I got outside ☐

Reading minutes this week ☐ Cook day done ☐ Focus days ☐

WHAT THE NUMBERS SAY

My best sleep nights were... and my effort on the days after them was...

On the days I got outside, what went well most often?

When I focused on one task, what showed up under "went well"?

This week's question: Which mark got easier to earn this week, and which one still needs a plan?

THE BOOK I AM READING

What did I read this week? Two lines.

Where did something I read show up in my own week?

What is one thing I want to try because of what I read?

WINS I EARNED THIS WEEK

1

2

3

ONE THING I WILL TRY NEXT WEEK

NOTES

Ideas as they come, and anything I need to remember.

PLAN IT MONDAY, READ IT SUNDAY

MY WEEK 3

DATES _____

ONE THING I AM TRYING THIS WEEK

DAY	MY ONE FOCUS TASK	TRAINING	WALK	READ
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

MY BOOK THIS WEEK

MY COOK DAY

MY USUAL WALK TIME

WHAT COULD GET IN THE WAY THIS WEEK, AND WHAT I WILL DO THEN

Two training days are better than none. I decide.

DAY 15 OF 42

WEEK 3 DATE _____

MORNING PROMPT

Who asks for a lot of my time? How will I keep some for myself?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 16 OF 42

WEEK 3 DATE _____

MORNING PROMPT

When someone gets it wrong today, how can I help them save face?

MY ANSWER

_____

_____

_____

_____

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

_____

_____

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL *How did it feel? What made it work?*

1

2

3

UP TO 3 THAT DIDN'T GO WELL *What did I feel? What set it off? How did I contribute to this?*

1

2

3

UP TO 3 TO DO BETTER *How will I contribute differently next time?*

1

2

3

TOMORROW'S ONE TASK _____

DAY 17 OF 42

WEEK 3 DATE _____

MORNING PROMPT

Who did something well this week that nobody noticed? How will I tell them?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 18 OF 42

WEEK 3 DATE _____

MORNING PROMPT

Someone gave me a short reply lately. What might have been going on for them?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL *How did it feel? What made it work?*

1

2

3

UP TO 3 THAT DIDN'T GO WELL *What did I feel? What set it off? How did I contribute to this?*

1

2

3

UP TO 3 TO DO BETTER *How will I contribute differently next time?*

1

2

3

TOMORROW'S ONE TASK _____

DAY 19 OF 42

WEEK 3 DATE _____

MORNING PROMPT

What request do I keep saying yes to? How could I say no kindly?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 20 OF 42

WEEK 3 DATE _____

MORNING PROMPT

The last problem someone caused: what were they trying to fix?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 21 OF 42

WEEK 3 DATE _____

MORNING PROMPT

Halfway. Who made the last three weeks easier for me? How will I thank them?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

(1) (2) (3) (4) (5)

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

(1) (2) (3) (4) (5)

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

MY SUNDAY REVIEW

WEEK 3

DATE _____

MY WEEK STRIP

	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
Sleep (1-5)								
Effort (1-5)								
Steps								
Reading (min)								
Focus								
Outside								
Prepped								
Trained								

I copy each day's marks here. Ticks become a count. Scores become an average.

Daily pages I filled in (of 7) ☐ Days I trained ☐ Days I got outside ☐

Reading minutes this week ☐ Cook day done ☐ Focus days ☐

WHAT THE NUMBERS SAY

My best sleep nights were... and my effort on the days after them was...

On the days I got outside, what went well most often?

When I focused on one task, what showed up under "went well"?

This week's question: Where did I push hardest this week, and what did the next day's marks say about it?

THE BOOK I AM READING

What did I read this week? Two lines.

Where did something I read show up in my own week?

What is one thing I want to try because of what I read?

WINS I EARNED THIS WEEK

1

2

3

ONE THING I WILL TRY NEXT WEEK

NOTES

Ideas as they come, and anything I need to remember.

AFTER WEEK 3

HALFWAY

DATE _____

I look back at my own pages from weeks 1 to 3. Not a test. Nothing to pass.

Daily pages I filled in (of 21)	
Days I trained	
Days I got outside	
Reading minutes so far	

1. Which days had my best sleep scores, and what did those days have in common?

2. Which mark do I tick most often? Which one do I keep leaving blank, and why?

3. What shows up most often under went well? And under didn't go well?

4. Which of the four themes has been hardest for me to practice so far?

ONE CHANGE FOR WEEKS 4 TO 6

PLAN IT MONDAY, READ IT SUNDAY

MY WEEK 4

DATES _____

ONE THING I AM TRYING THIS WEEK

DAY	MY ONE FOCUS TASK	TRAINING	WALK	READ
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

MY BOOK THIS WEEK

MY COOK DAY

MY USUAL WALK TIME

WHAT COULD GET IN THE WAY THIS WEEK, AND WHAT I WILL DO THEN

Two training days are better than none. I decide.

DAY 22 OF 42

WEEK 4 DATE _____

MORNING PROMPT

Who might be having a hard week? How can I give them some slack?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 23 OF 42

WEEK 4 DATE _____

MORNING PROMPT

What will I say no to today, so I can say yes to what matters?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 24 OF 42

WEEK 4 DATE _____

MORNING PROMPT

If I have hard news to give today, where and how will I say it?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 25 OF 42

WEEK 4 DATE _____

MORNING PROMPT

Who do I disagree with? What do they get right?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

(1) (2) (3) (4) (5)

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

(1) (2) (3) (4) (5)

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 26 OF 42

WEEK 4 DATE _____

MORNING PROMPT

What did someone do lately that I took the wrong way at first?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL *How did it feel? What made it work?*

1

2

3

UP TO 3 THAT DIDN'T GO WELL *What did I feel? What set it off? How did I contribute to this?*

1

2

3

UP TO 3 TO DO BETTER *How will I contribute differently next time?*

1

2

3

TOMORROW'S ONE TASK _____

DAY 27 OF 42

WEEK 4 DATE _____

MORNING PROMPT

Where do I need more space this week? Who do I need to tell?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 28 OF 42

WEEK 4 DATE _____

MORNING PROMPT

When something went wrong this week, what was my part in it?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

MY SUNDAY REVIEW

WEEK 4

DATE _____

MY WEEK STRIP

	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
Sleep (1-5)								
Effort (1-5)								
Steps								
Reading (min)								
Focus								
Outside								
Prepped								
Trained								

I copy each day's marks here. Ticks become a count. Scores become an average.

Daily pages I filled in (of 7) ☐ Days I trained ☐ Days I got outside ☐

Reading minutes this week ☐ Cook day done ☐ Focus days ☐

WHAT THE NUMBERS SAY

My best sleep nights were... and my effort on the days after them was...

On the days I got outside, what went well most often?

When I focused on one task, what showed up under "went well"?

This week's question: When the plan slipped this week, what kept me steady?

THE BOOK I AM READING

What did I read this week? Two lines.

Where did something I read show up in my own week?

What is one thing I want to try because of what I read?

WINS I EARNED THIS WEEK

1

2

3

ONE THING I WILL TRY NEXT WEEK

NOTES

Ideas as they come, and anything I need to remember.

PLAN IT MONDAY, READ IT SUNDAY

MY WEEK 5

DATES _____

ONE THING I AM TRYING THIS WEEK

DAY	MY ONE FOCUS TASK	TRAINING	WALK	READ
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

MY BOOK THIS WEEK

MY COOK DAY

MY USUAL WALK TIME

WHAT COULD GET IN THE WAY THIS WEEK, AND WHAT I WILL DO THEN

Two training days are better than none. I decide.

DAY 29 OF 42

WEEK 5 DATE _____

MORNING PROMPT

Who near me hears the least praise from me? What will I say today?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 30 OF 42

WEEK 5 DATE _____

MORNING PROMPT

When a plan falls through today, what kind reason will I reach for first?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 31 OF 42

WEEK 5 DATE _____

MORNING PROMPT

What is one thing I will protect time for today?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 32 OF 42

WEEK 5 DATE _____

MORNING PROMPT

If someone slips up today, how can I talk to them one to one?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

(1) (2) (3) (4) (5)

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

(1) (2) (3) (4) (5)

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL *How did it feel? What made it work?*

1

2

3

UP TO 3 THAT DIDN'T GO WELL *What did I feel? What set it off? How did I contribute to this?*

1

2

3

UP TO 3 TO DO BETTER *How will I contribute differently next time?*

1

2

3

TOMORROW'S ONE TASK _____

DAY 33 OF 42

WEEK 5 DATE _____

MORNING PROMPT

Who have I never praised? What is one true thing I could say?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 34 OF 42

WEEK 5 DATE _____

MORNING PROMPT

What story do I tell myself about someone? What is another version?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

(1) (2) (3) (4) (5)

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

(1) (2) (3) (4) (5)

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 35 OF 42

WEEK 5 DATE _____

MORNING PROMPT

What would holding my line look like today, without being harsh?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

MY SUNDAY REVIEW

WEEK 5

DATE _____

MY WEEK STRIP

	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
Sleep (1-5)								
Effort (1-5)								
Steps								
Reading (min)								
Focus								
Outside								
Prepped								
Trained								

I copy each day's marks here. Ticks become a count. Scores become an average.

Daily pages I filled in (of 7) ☐ Days I trained ☐ Days I got outside ☐

Reading minutes this week ☐ Cook day done ☐ Focus days ☐

WHAT THE NUMBERS SAY

My best sleep nights were... and my effort on the days after them was...

On the days I got outside, what went well most often?

When I focused on one task, what showed up under "went well"?

This week's question: Which row on my strip tells me the most, and which one am I ignoring?

THE BOOK I AM READING

What did I read this week? Two lines.

Where did something I read show up in my own week?

What is one thing I want to try because of what I read?

WINS I EARNED THIS WEEK

1

2

3

ONE THING I WILL TRY NEXT WEEK

NOTES

Ideas as they come, and anything I need to remember.

PLAN IT MONDAY, READ IT SUNDAY

MY WEEK 6

DATES _____

ONE THING I AM TRYING THIS WEEK

DAY	MY ONE FOCUS TASK	TRAINING	WALK	READ
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

MY BOOK THIS WEEK

MY COOK DAY

MY USUAL WALK TIME

WHAT COULD GET IN THE WAY THIS WEEK, AND WHAT I WILL DO THEN

Two training days are better than none. I decide.

DAY 36 OF 42

WEEK 6 DATE _____

MORNING PROMPT

Who can I thank in front of others today? What will I say?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 37 OF 42

WEEK 6 DATE _____

MORNING PROMPT

Who corrected me kindly once? What did they do that I can copy?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 38 OF 42

WEEK 6 DATE _____

MORNING PROMPT

What do I not know about why someone acted as they did? Will I ask?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

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What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 39 OF 42

WEEK 6 DATE _____

MORNING PROMPT

Where did I hold a boundary this week? How did it go?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

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1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 40 OF 42

WEEK 6 DATE _____

MORNING PROMPT

What part of a recent problem was mine to fix? What did I do about it?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 41 OF 42

WEEK 6 DATE _____

MORNING PROMPT

Looking back over six weeks, who do I see in a new light?

MY ANSWER

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

DAY 42 OF 42

WEEK 6 DATE _____

MORNING PROMPT

Which of the four themes will I carry forward? How will I keep it up?

MY ANSWER

_____

_____

_____

_____

MORNING

◯ My wake-up routine done

UP AT _____

MY SLEEP LAST NIGHT

1 2 3 4 5

Rough Great

SLEEP NOTE _____

MY EFFORT TODAY

1 2 3 4 5

Total failure Beyond perfect

MY STEPS _____

TRAINING

◯ I trained today SESSION _____

◯ Rest day

FOCUS

◯ I focused on one task

THE TASK _____

READING

I read _____ minutes

MY MEALS

MORNING	MIDDAY	EVENING

◯ I prepped or packed food ahead

OUTSIDE

◯ I got outside

ONE THING I NOTICED

_____

_____

AFTER ACTION REPORT

UP TO 3 THAT WENT WELL

How did it feel? What made it work?

1

2

3

UP TO 3 THAT DIDN'T GO WELL

What did I feel? What set it off? How did I contribute to this?

1

2

3

UP TO 3 TO DO BETTER

How will I contribute differently next time?

1

2

3

TOMORROW'S ONE TASK _____

MY SUNDAY REVIEW

WEEK 6

DATE _____

MY WEEK STRIP

	MON	TUE	WED	THU	FRI	SAT	SUN	WEEK
Sleep (1-5)								
Effort (1-5)								
Steps								
Reading (min)								
Focus								
Outside								
Prepped								
Trained								

I copy each day's marks here. Ticks become a count. Scores become an average.

Daily pages I filled in (of 7) ☐

Days I trained ☐

Days I got outside ☐

Reading minutes this week ☐

Cook day done ☐

Focus days ☐

WHAT THE NUMBERS SAY

My best sleep nights were... and my effort on the days after them was...

On the days I got outside, what went well most often?

When I focused on one task, what showed up under "went well"?

This week's question: Which parts of this JRNL will I keep after day 42, with or without a page?

THE BOOK I AM READING

What did I read this week? Two lines.

Where did something I read show up in my own week?

What is one thing I want to try because of what I read?

WINS I EARNED THIS WEEK

1

2

3

ONE THING I WILL TRY NEXT WEEK

NOTES

Ideas as they come, and anything I need to remember.

DAY 42 IS DONE

WHERE I AM NOW

DATE _____

Six weeks of pages are behind me. I read them before I write a word here.

Daily pages I filled in (of 42)	
Days I trained	
Days I got outside	
Reading minutes, added up	
Cook days done (of 6)	

1. What pattern did my week strips show me that I could not see day to day?

2. Which habit is now part of my day without a tick to prompt it?

3. What is the small win I am proudest of, and what made it possible?

4. Who did I see in a new light, and what changed in how I treat them?

5. What will I keep tracking after today, and what will I let go?

MY READING

MY BOOKS

I write in each book when I start it, and add the date when I finish.

TITLE	AUTHOR	STARTED	FINISHED

WHEN I FINISH A BOOK

1. Would I hand this book to a friend? Who, and why?

2. What will I still remember from it a year from now?

3. What do I want to read next, and why?

NOTES

Ideas as they come, and anything I need to remember.

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This book names no partner and is endorsed by none. The sources it mentions (the CDC, the U.S. Department of Health and Human Services, and general food safety guidance) are paraphrased in plain words. None of them has reviewed or endorsed this book.

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