

Daily Habit Tracker

Weeks 1–4 · Daniel Ting

MY ONE NON-NEGOTIABLE DAILY ACTION:

WEEK 1		MON	TUE	WED	THU	FRI	SAT	SUN
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
WEEKLY REFLECTION:								
WEEK 2		MON	TUE	WED	THU	FRI	SAT	SUN
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
WEEKLY REFLECTION:								
WEEK 3		MON	TUE	WED	THU	FRI	SAT	SUN
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
WEEKLY REFLECTION:								
WEEK 4		MON	TUE	WED	THU	FRI	SAT	SUN
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
WEEKLY REFLECTION:								

Daily Habit Tracker

Weeks 5–8 · Daniel Ting

MY ONE NON-NEGOTIABLE DAILY ACTION:

WEEK 5		MON	TUE	WED	THU	FRI	SAT	SUN
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
WEEKLY REFLECTION:								

WEEK 6		MON	TUE	WED	THU	FRI	SAT	SUN
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
WEEKLY REFLECTION:								

WEEK 7		MON	TUE	WED	THU	FRI	SAT	SUN
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		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
WEEKLY REFLECTION:								

WEEK 8		MON	TUE	WED	THU	FRI	SAT	SUN
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
		☐	☐	☐	☐	☐	☐	☐
WEEKLY REFLECTION:								

Instructions

Read this once. Then start.

STEP 1

Write your one non-negotiable daily action at the top of each week. Not a goal — one specific action. "20 minutes of focused work before I check my phone." "A 10-minute walk where I think instead of scroll."

STEP 2

Each day you complete it, mark the box with an X. Use a pen. The physical act of marking matters more than it sounds.

STEP 3

At the end of each week, write one sentence in the reflection line: what made the days you showed up different from the days you did not? That answer is more valuable than the streak.

STEP 4

If you miss a day — return the next morning without judgment. One missed day is human. Apply the two-day rule: never miss twice in a row.

STEP 5

At the end of four weeks, count your marks. Then ask: what needs to change for the next four weeks to be stronger?