

30-Day Do It Now Tracker

Build urgency, kill procrastination.

Day	Date	Task Chosen	Started Within (5/10/15+ min)	Notes	■
1					
2					
3					
4					
5					
6					
7					
8					
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10					
11					
12					
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25					
26					
27					
28					
29					
30					

Weekly Reflection

Week 1

Wins this week: _____

Obstacles faced: _____

One thing I'll improve next week: _____

Week 2

Wins this week: _____

Obstacles faced: _____

One thing I'll improve next week: _____

Week 3

Wins this week: _____

Obstacles faced: _____

One thing I'll improve next week: _____

Week 4

Wins this week: _____

Obstacles faced: _____

One thing I'll improve next week: _____

Final Review

How urgent did I feel compared to Day 1? (1–10): _____

Biggest lesson from 30 days: _____