The Full Tracker (optional)

For readers who want to see all twelve, one page per week

Optional. Tick each practice on the days you do it. The three-action weekly page remains the system; this is an extra.

Week __ *of 13* *from* __ to ____

Practice	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Days
Movement								/7
Breath								/7
Nutrition								/7
Sleep								/7
Focus								/7
Grit								/7
Stillness								/7
Reflection								/7
Presence								/7
Emotions								/7
Purpose								/7
Connection								/7
Explore (once this week)								/1