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Goal Setting and 30 Day Commit

One goal, one daily action, 30 boxes. Never miss twice in a row.

MY GOAL PAGE

My why, in one line: _____

Process goal (what I will do each week): _____

Minimum version for bad days: _____

When and where: _____

If ... then ... (plan 1): _____

If ... then ... (plan 2): _____

Review date: _____ Start date: _____

30 DAY COMMIT TRACKER

My daily action: _____

Mark each box: fill it when done, half fill it for the minimum version, put a dot in it for planned rest.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30	Spare	Spare			

DAY 30 CHECK IN

Full boxes: _____ Half boxes: _____ Total out of 30: _____

What changed in 30 days: _____

Next 30 days: keep, raise or shrink the action? _____

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Weekly Fitness Log

Log within 5 minutes of finishing. About 2 minutes a day.

Week of: _____

Day	Workout (type, minutes or sets x reps)	Effort /10	Sleep hrs	Steps	Energy /5	Notes
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

WEEKLY TOTALS

Active minutes (goal 150): _____

Strength days (goal 2+): _____

Average sleep: _____

Commit boxes this week: _____

SUNDAY REVIEW (10 MINUTES)

What went well: _____

What got in the way: _____

One change for next week: _____

NEXT WEEK PLAN

- ☐ Mon: _____
- ☐ Tue: _____
- ☐ Wed: _____
- ☐ Thu: _____
- ☐ Fri: _____
- ☐ Sat: _____
- ☐ Sun: _____
- ☐ Minimum version ready