



Quantum Discipline Tracker Form Outline (Finalized)

[Start] - Off-Day Checkbox

Was today an off day? - ☐ Yes → *If checked, form auto-submits with minimal data (date, off-day = true)* - ☐ No
→ *Rest of the form appears*

Section 1: Daily Discipline

1. **Did you create a To-Do list today?**
 2. ☐ Yes
 3. ☐ No → *If No, show textarea:*
 "Why didn't you create a to-do list?"
 4. **Did you create a Not-To-Do list today?**
 5. ☐ Yes
 6. ☐ No
 7. **Did you follow your routines today?**
 8. ☐ Morning Routine
 9. ☐ Night Routine
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Section 2: Wisdom in Action (Books)

1. **Which two book principles are you implementing?**
2. Book 1: *[Text Input]*
 - ☐ Followed today?
3. Book 2: *[Text Input]*
 - ☐ Followed today?

Optional: Save default book entries for future autofill

Section 3: Vision-Driven Skills

1. **Which two skills are you focusing on (aligned with your ultimate vision)?**

2. Skill 1: *[Text Input]*
 - ☐ Practiced today?
3. Skill 2: *[Text Input]*
 - ☐ Practiced today?

Optional: Save default skill entries for future autofill

Section 4: Daily Ratings (1 to 5 Stars or Sliders)

1. **Mood Rating** (1–5 stars or slider)
 2. **Productivity Level** (1–5)
 3. **Physical Activity / Health** (1–5)
 4. **Focus Level** (1–5)
 5. If **Focus Rating** < 4, show: > “What caused your distraction?”
 - ☐ Mobile/Scrolling
 - ☐ Mood-related
 - ☐ Not feeling well
 - ☐ Other
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Section 5: Discipline & Reflection

1. **Did you overcome your distractions today?**
 2. ☐ Yes
 3. ☐ No → *If No, textarea:*
“What were your distractions?”
 4. **Did you live with integrity today (rate 1–10)?**
 5. Slider or number input (1–10)
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Section 6: Gratitude

1. **What are 1–3 things you are grateful for today?**
 2. *[Text Area]*
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Optional: Features to Implement

- Auto-hide/show logic using JS:
- If “Off Day” checked → hide full form, auto-submit

- If "No" to focus → show checkbox list
- If "No" to to-do/distraction → show "Why?" textarea
- Save current books & skills to LocalStorage
- Export log as JSON/PDF (later)
- Streak counter & date system (future)