

Daily Discipline & Progress Tracker

1. Morning Routine

- ☐ Woke up on time
- ☐ Gym workout completed
- ☐ Cold shower or reset (if needed)

2. Learning Goals

- ☐ 1st learning block (1 hour of web dev)
- ☐ Break taken
- ☐ 2nd learning block (1 hour of web dev)
- ☐ Practiced a small project or review

3. Physical & Mental Check

- ☐ Ate healthy meals
- ☐ Drank at least 2L of water
- ☐ Managed urges successfully
- ☐ Avoided digital triggers

4. Evening Reflection

Write down:

- 1 thing you did well today
- 1 area to improve tomorrow
- How your body felt after workout
- Were there any urges? How did you overcome them?
- A thought or quote that inspired you today

Weekly Add-on

- Celebrate your wins
- Note your consistency score (e.g., 5/7 days managed well)
- Plan what to improve next week