

# SOLO LEVELING - ENHANCED DAILY QUEST TEMPLATE

## Quest Title:

(Write the title of your quest)

## Description:

(Describe the objectives of your quest)

## Daily Quests (7 Slots):

Task Name	Start Time	End Time	XP	Penalty	Completed
Task 1	_____	_____	_____	Late submission fine	[ ]
Task 2	_____	_____	_____	Extra workload	[ ]
Task 3	_____	_____	_____	Reduce next XP by 10%	[ ]
Task 4	_____	_____	_____	Task repetition	[ ]
Task 5	_____	_____	_____	One-day ban	[ ]
Task 6	_____	_____	_____	Health penalty	[ ]
Task 7	_____	_____	_____	Lose 20 steps	[ ]

## Priority Tasks (3 Slots):

Task Name	Start Time	End Time	XP	Penalty
Task 1	_____	_____	_____	Miss key rewards
Task 2	_____	_____	_____	Decrease water intake
Task 3	_____	_____	_____	Deduction of XP boost

## Boss Quest:

Main Task	Start Time	End Time	XP Reward	Penalty	Completed
Write task here	_____	_____	_____	Fail: Reduce morale	[ ]

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## Health Tracker:

Workout | Sets/Reps | Duration | Notes

e.g., Pushups | 3x12 | 15 mins | Feel strong!

Water Intake: \_\_\_\_ cups | Steps: \_\_\_\_\_

## Notes:

Reflect on your day, jot down ideas, or set goals for tomorrow. Stay consistent, stay strong!