

## Daily Habit Tracker - Day 0

Today:  
Jul 13, 2025

Challenge Day:  
Day 0 of 75

✓ Categories:  
6/6 Complete

||| Progress:  
100.0% Complete

**Info** New Scoring System: Complete 2 activities from each category to get full points for that category. You need to complete 6 categories each day for 100% progress.

100.0% Complete (6/6 Categories)

### Reading

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Fiction<br>Daily fiction habit     | <input type="button" value="Done"/>    |
| <input type="checkbox"/> Non-Fiction<br>Daily non-fiction habit        | <input type="button" value="Pending"/> |
| <input checked="" type="checkbox"/> Spiritual<br>Daily spiritual habit | <input type="button" value="Done"/>    |

≡ 2 of 3 habits completed

↗ Category Complete!

### Fitness

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Swim<br>Daily swim habit  | <input type="button" value="Done"/>    |
| <input checked="" type="checkbox"/> Run<br>Daily run habit  | <input type="button" value="Done"/>    |
| <input type="checkbox"/> Dance<br>Daily dance habit   | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Yoga / Stretch<br>Daily yoga / stretch habit   | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Gym<br>Daily gym habit   | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Go To The Park<br>Daily go to the park habit   | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Walk<br>Daily walk habit   | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Football<br>Daily football habit   | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Hand Stand / Pull Up / Pole Session<br>Daily hand stand / pull up / pole session habit | <input type="button" value="Pending"/> |
| <input type="checkbox"/> 7 Minute HIIT<br>Daily 7 minute hiit habit   | <input type="button" value="Pending"/> |

≡ 2 of 10 habits completed

↗ Category Complete!

### Nutrition

- |   |  |
|---|--|
| <input type="checkbox"/> Drink Matcha<br>Daily drink matcha habit                             | <input type="button" value="Pending"/> |
| <input checked="" type="checkbox"/> Consume Leaves<br>Daily consume leaves habit              | <input type="button" value="Done"/>    |
| <input type="checkbox"/> Drink Coconut Water<br>Daily drink coconut water habit               | <input type="button" value="Pending"/> |
| <input checked="" type="checkbox"/> Take Supplements<br>Daily take supplements habit          | <input type="button" value="Done"/>    |
| <input type="checkbox"/> Have Fruits<br>Daily have fruits habit                               | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Drink Water<br>Daily drink water habit                               | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Prepare Meal / Cook Dinner<br>Daily prepare meal / cook dinner habit | <input type="button" value="Pending"/> |
| <input type="checkbox"/> Take Chia Seeds<br>Daily take chia seeds habit                       | <input type="button" value="Pending"/> |

≡ 2 of 9 habits completed

↗ Category Complete!

### Wealth

<input type="checkbox"/> ✓ Mantra Chanting Daily mantra chanting habit	✓ Pending	<input type="checkbox"/> Get Aligned High Income Job Offers Daily get aligned high income job offers habit	✓ Pending
<input type="checkbox"/> ✓ Optimise LinkedIn Daily optimise linkedin habit	✓ Pending	<input checked="" type="checkbox"/> AI-Projects Daily ai projects habit	✓ Done
<input type="checkbox"/> ✓ Passion Projects Daily passion projects habit	✓ Pending	<input checked="" type="checkbox"/> Upskill Daily upskill habit	✓ Done
<input type="checkbox"/> Create Content Daily create content habit	✓ Pending	<input type="checkbox"/> Go To The Office Daily go to the office habit	✓ Pending
<input type="checkbox"/> ✓ Study fintech Increase knowledge base	✓ Pending		

≡ 2 of 9 habits completed

✓ Category Complete!

⌚ Spiritual			
✓ Complete 2/5 habits			
<input type="checkbox"/> ✓ Chanting Daily chanting habit	✓ Pending	<input checked="" type="checkbox"/> Journal Daily journal habit	✓ Done
<input type="checkbox"/> ⚡ Meditate Daily meditate habit	✓ Pending	<input checked="" type="checkbox"/> ✓ Grounding Daily grounding habit	✓ Done
<input type="checkbox"/> 🛌 Sleep Well / Binaural Beats Daily sleep well / binaural beats habit	✓ Pending		

≡ 2 of 5 habits completed

✓ Category Complete!

⌚ Fun			
✓ Complete 2/10 habits			
<input type="checkbox"/> 🎟 Attend on Event Daily attend an event habit	✓ Pending	<input type="checkbox"/> ↗ Hackathons Daily hackathons habit	✓ Pending
<input checked="" type="checkbox"/> ✓ Social Club Meet Daily social club meet habit	✓ Done	<input type="checkbox"/> ✓ Community Service Daily community service habit	✓ Pending
<input checked="" type="checkbox"/> ✓ Visit Orphanage/ Old Age Home Daily visit orphanage/ old age home habit	✓ Done	<input type="checkbox"/> ↪ Music Jam Daily music jam habit	✓ Pending
<input type="checkbox"/> ✓ Painting, Gardening, Sketch Daily painting, gardening, sketch habit	✓ Pending	<input type="checkbox"/> ✓ Declutter / Organise Daily declutter / organise habit	✓ Pending
<input type="checkbox"/> ✓ Planning for Tomorrow Daily planning for tomorrow habit	✓ Pending	<input type="checkbox"/> Feed The Dogs Daily feed the dogs habit	✓ Pending

≡ 2 of 10 habits completed

✓ Category Complete!

Save

Remember: 2 activities per category = Full points!

★ Amazing work! You're crushing it today!