Distraction Trigger Tracker

How to use:

1. Print as many pages as you need.

2. Fill in daily or weekly sections.

3. Review progress and adjust.

Distraction Trigger Tracker

Main Tracker

☐ Item 1	Item 2	Item 3	Item 4	Item 5	Item 6

Distraction Trigger Tracker

Notes & Summary

Highlights			
Next Steps			