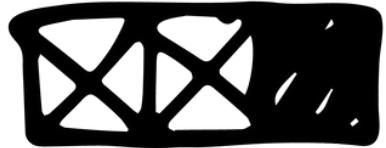


the

LIFE

TRACKER.

a system to examine yourself and your goals.

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Preface

Yo, If you've checked out my YouTube video, *A notebook to save you from infinite scrolling*, you're probably curious about ways you can journal better. This e-book is a compilation of insights accumulated over my 6+ years of journaling. My hope is that this system becomes a game-changer for you, optimizing your life through the power of journaling.

I see a lot of people spend a significant amount of time coloring and making their journals look aesthetically pleasing, but that is a completely different purpose than the essence of journaling. So, I came up with this easy system to help you just jot down your life without getting caught up in all the fancy stuff.

To me, one of the most valuable concepts with journaling is the ability to:

- Document thoughts on paper
- Think out loud on paper
- Track, monitor your progress
- Flip through and revisit your thoughts, emotions, and status

This is a book that I carry around, and whenever a thought hits, then I'm able to write something down. The only thing I stay consistent with in my journal is tracking a few different metrics a month, and it might change every month. It's valuable to try different formats that might work for you and try not to pigeonhole yourself into a specific type of journaling method or even pre-fill out different types of templates.

Later, I'm going to show you all the templates that I use. But they are just straightforward frameworks that you can use to track different things. I've tried out lots of different layouts, and these are some of the most minimal ways to track your life without being overwhelmed with templates and formats.

The Life Tracker is not any fancy bullet journaling method or strict templates you have to follow at the beginning of each month. This is an easy, free-flowing system with customizable trackers you change based on your life. By utilizing this system, your journal will be a self-biography and the most valuable book you will ever own.

Understanding the Life Tracker

I call my system the Life Tracker system. But really, what the Life Tracker system is going to be is different for every single person; and this is what I want to emphasize in this journaling guide:

One of the mistakes that people make with journaling is that they spend a lot of time trying to figure out the best system and forcibly trying to incorporate other people's systems into their own life.

But in reality, there is no one size fits all. Every person has slightly different interests, has slightly different preferences, and slightly different aesthetics that they want to go for. This is why The Life Tracker's philosophy is to "not be a template or journal guide that will constrain you".

Why Journaling Is Important

Journaling is super powerful and highly rewarding - It is the best. Once you've finished a notebook, it becomes one of the best books you've ever read. Why? Because it closely encapsulates your life, and you can really see the evolution of your perspective.

Memories are fleeting, and when you recall a memory, you're not truly remembering the event itself but the last time you recollect it. This phenomenon distorts recollects, leading most people to perceive an experience as extremely traumatic when, in reality, it was neutral. Even amazing moments may seem neutral with time because the more you think about it, you unconsciously create a different story around it.

However, when you capture your thoughts in the actual moment, tracking down how you genuinely felt, you can look back and see your experiences in your own words. This journal will become the most valuable thing you own in your lifetime.

Establishing a Routine

I've tried many different ways to be hyper-consistent with journaling, including setting reminders to journal every single day or every single week. Ultimately, it's not worth forcing yourself to be consistent with journaling because the quality of your writing will be worse if you force yourself to write when you don't actually feel like writing.

The best way to be consistent with journaling is to constantly use your journal to track what you're doing but only write an entry when you feel like it.

The reason why The Life Tracker is so powerful is that it's really easy to be consistent with tracking your metrics because all you have to do is write stuff down. You can easily capture any sort of problem in your life that you want to think through or if there's something interesting that you learned recently, or you just want to write down your vacation moments.

Reasons Why You Stop Journaling

- You probably fall off with journaling and stop when you forget you have a journal and actually doing this. So, 10 months later, you find a completely empty journal.
- Complicated templates and systems that is hard to stick to each month. Often times, this becomes a big friction to continuing your journal and eventually you stop writing.
- You value Aesthetic > Functionality. Don't be a perfectionist over the layout or content of your journal, you don't need to plan each page out at the beginning of the month. Let your journal flow.
- Give yourself pressure to write Daily Entries. *forcing yourself will not create a quality journal.

Quality of Your Journal

The quality of your journal matters; ten years down the line, you want to be reading insightful content you jotted down in your journal years ago, not reading some pretty, aesthetic pages with little to no content.

To maintain the quality and informativeness of your journal, write only when you want to!

Don't be afraid to randomly jot down any fascinating thoughts, problems you're facing, or moments you want to remember. I know this may seem unorganized, but the beauty lies in what you can see later on —

the timeline of thoughts, organized by time.

It should not be forced into limiting certain pages for different categories. Just write them down anywhere in your journal. By doing this, you can see that you actually wanted to document this, and you weren't forced to write because it was a habit or template you had to follow.

How to Set & Achieve Goals

Goals tend to shift a lot. So, I find it most effective to make mini-goals on a month-to-month basis. The most effective way to achieve goals is to be able to track your progress over time because you can quantifiably tell yourself and prove to yourself that they're actually making progress towards your goals.

Set goals

To be successful in achieving your goals, you have to set your goals correctly. Make sure your goal is precise and specific, and if you have difficulty tracking your goals quantifiably, then you have to be more granular with your goals.

X Get fit, toned, lose weight this month

✓ 20 clean meals, 20 workouts, 20 5mi runs

Having a timeline for your goals is very important. Do this by setting specific deadlines or milestones. This will help you stay organized, motivated and can also keep you accountable throughout your journey.

X Get fit, toned, lose weight this month

✓ 20 clean meals, 20 workouts, 20 5mi runs by May 2nd 2024

Establish a daily routine that will help you achieve your goals. This will help you stay consistent, and will allow you to properly allocate time / energy towards your goal.

✓ Mon, Tues, Wed, Thurs: 5mi run

✓ Fri, Sat, Sun, Mon: Weight lift

✓ Breakfast, lunch, dinner: chicken breast, egg, broccoli

Achieve goals

Questions to ask yourself



Writing down actionable steps you can take each month



Make daily habits



Track your progress



Examine yourself every week & month

Getting Started

Pick up your pen, your journal, and start writing. This step should always be simple, natural with no friction. There aren't any complicated templates to set up at the beginning of each month.

The Life Tracker is just to jot down:

- Any thoughts & feelings
- To-do lists
- Long term, short term goals
- Life metrics
- Habits

It is important for you find journaling materials (pens, journals, stationaries) you love, this can really inspire you to journal more and enjoy the process of it.

However, here are the staple items I use for my journaling process:

Pen: Pantel EnerGel Tradio Roller Ball

Mechanical Pencil: Rotring 800 Mechanical Pencil

Automatic Color Pencil: Pantel Arts 8 Color Automatic Pencil

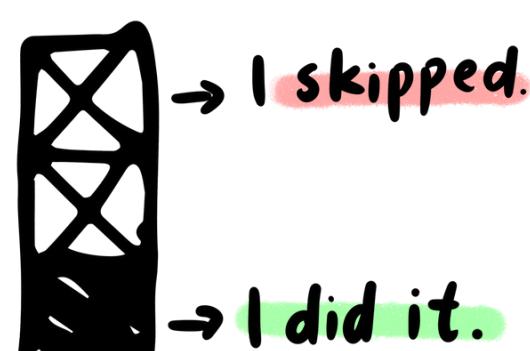
Journal: Leuchtturm1917 Journal (Grid)

Track metrics / habits / goals using



customize your own key based on your needs

habit tracker



caffeine intake



More examples of ways you can customize:



Organization

Chronological.

Every month, you write out the two monthly pages and just fill in as many entries or different things you have before the next month's page. This is the only organization there needs to be; you should not have to do any sort of weird setup or pages in advance.

Questions to Ask Yourself

- what am I optimizing right now?
- what's the one thing I can do that will make everything else easier or even unnecessary?
- what's the one thing I can do that makes everything fall in place?
- what's holding me back to achieving this?
- What's preventing you from achieving your ten-year goals within six months?" - Peter Thiel
- "what would this look like if it were easy?" - Tim Ferriss
- "MindStorming - 20 Idea Method" - Brian Tracy
 - Start with a goal, and write down 20 things you can do today to achieve that goal. Just write.

Trackers

Here I've included many examples of my past journal trackers; it is important to figure out what works best for you and make changes to this method to capture your life.

Monthly Page

Daily highlights, habit, metrics tracker: Remember your moments while examining yourself with tracking your life metrics.

Energy

Time, energy levels: Document and understand how your energy fluctuates throughout the day.

Time

Tasks, time spent: Track and visualize the amount of time you dedicate to different activities in a day.

Sleep

Sleep time, wake time, caffeine intake: Analyze your sleeping habits / patterns and identify factors that may be influencing your sleep.

Content

Movies, books, podcasts, videos watched and to watch: Keep track of the progress you have on contents you're interested in.

Goal

Task goals & progress: How much did you want to achieve, and how much did you actually achieve?

Book

Yearly book list, book reviews, and book summary: Have a list of books you want to read all in one place. Track the progress, review, thoughts, and see how much you've read.

Fitness

Workout plan, workout split, weight x sets, weekly view: See the progress in your workouts and your consistency.

Diet

Meal preps, diet plans, goals: Stay on top of your fitness goals by planning your macros and meal plans.

Music

Sheet music: Jot down anything you want to learn onto your journal.

Doodles

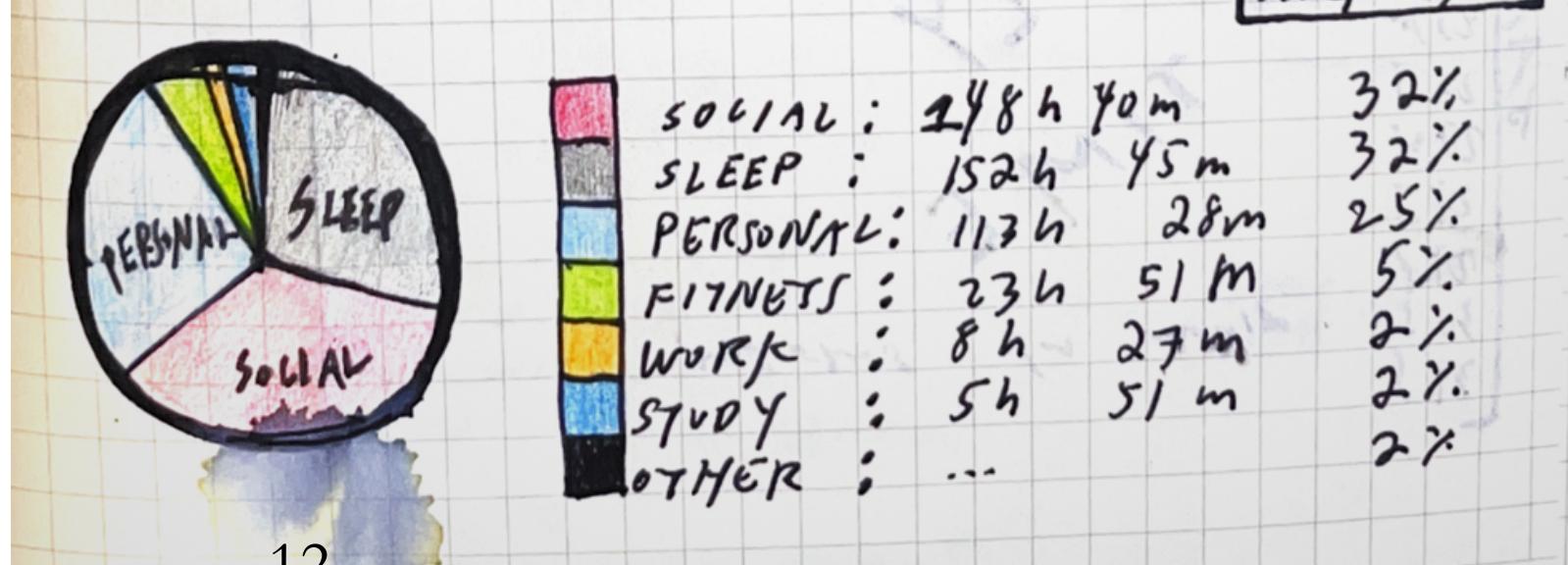
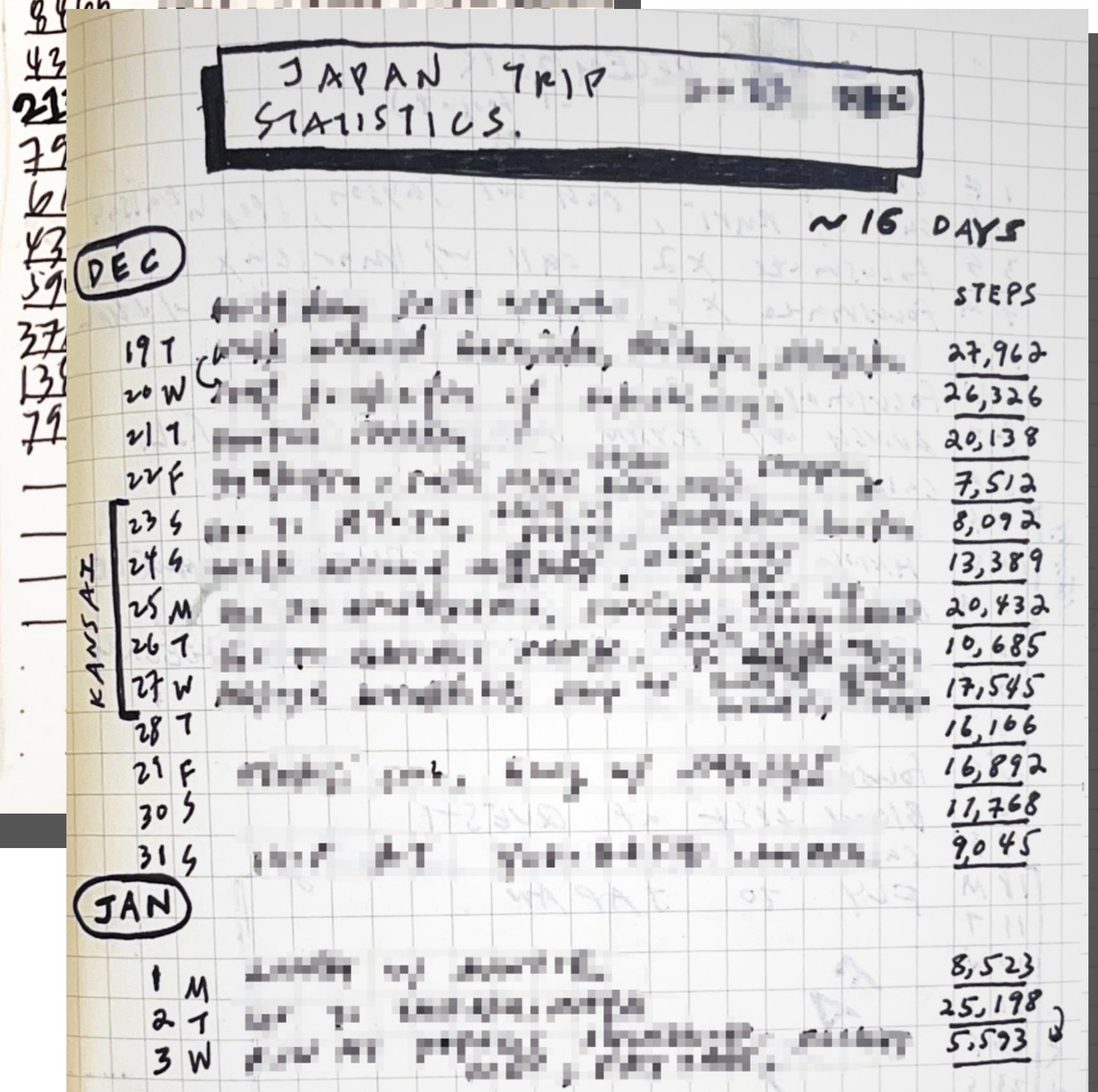
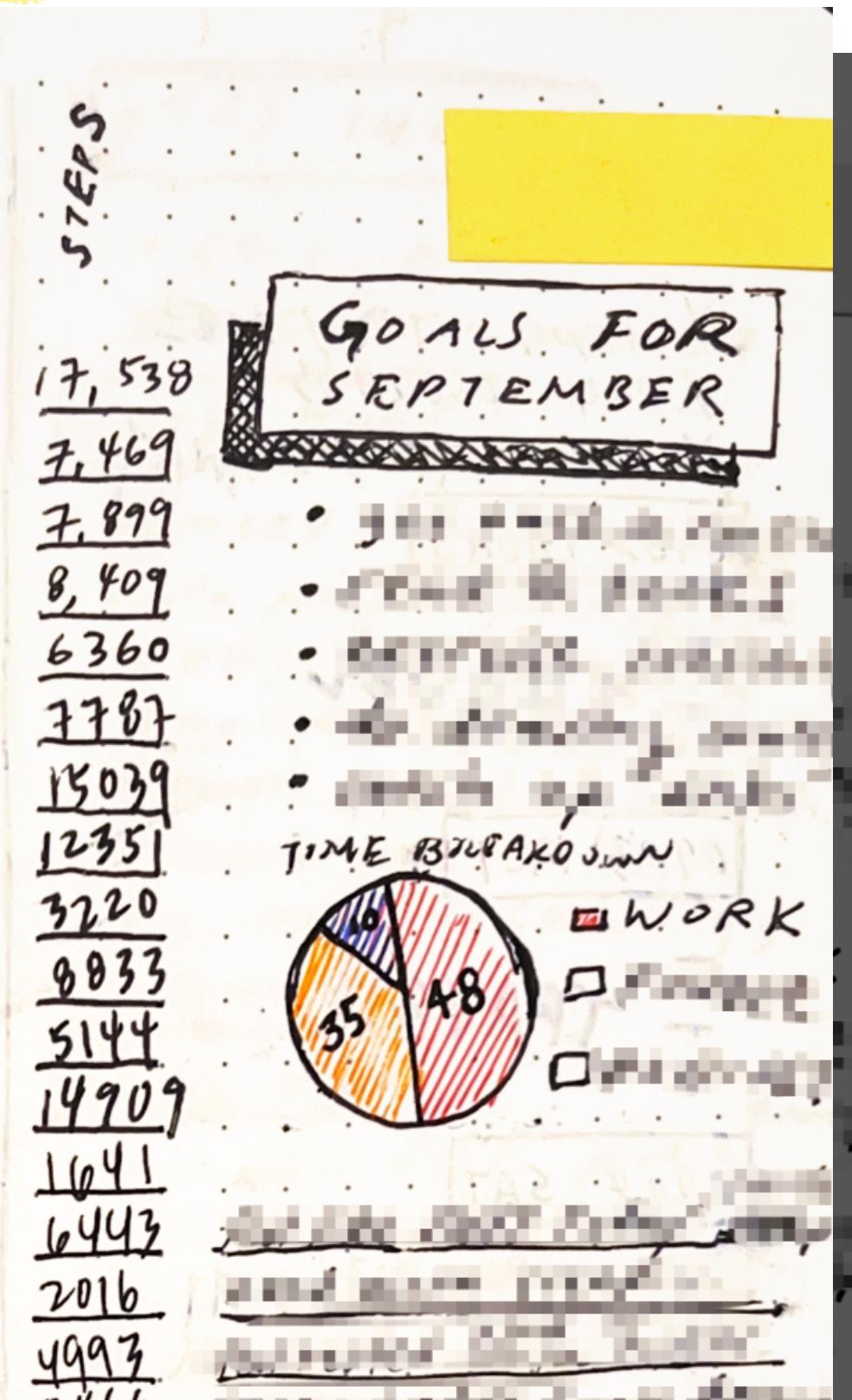
Sketches.

Monthly page

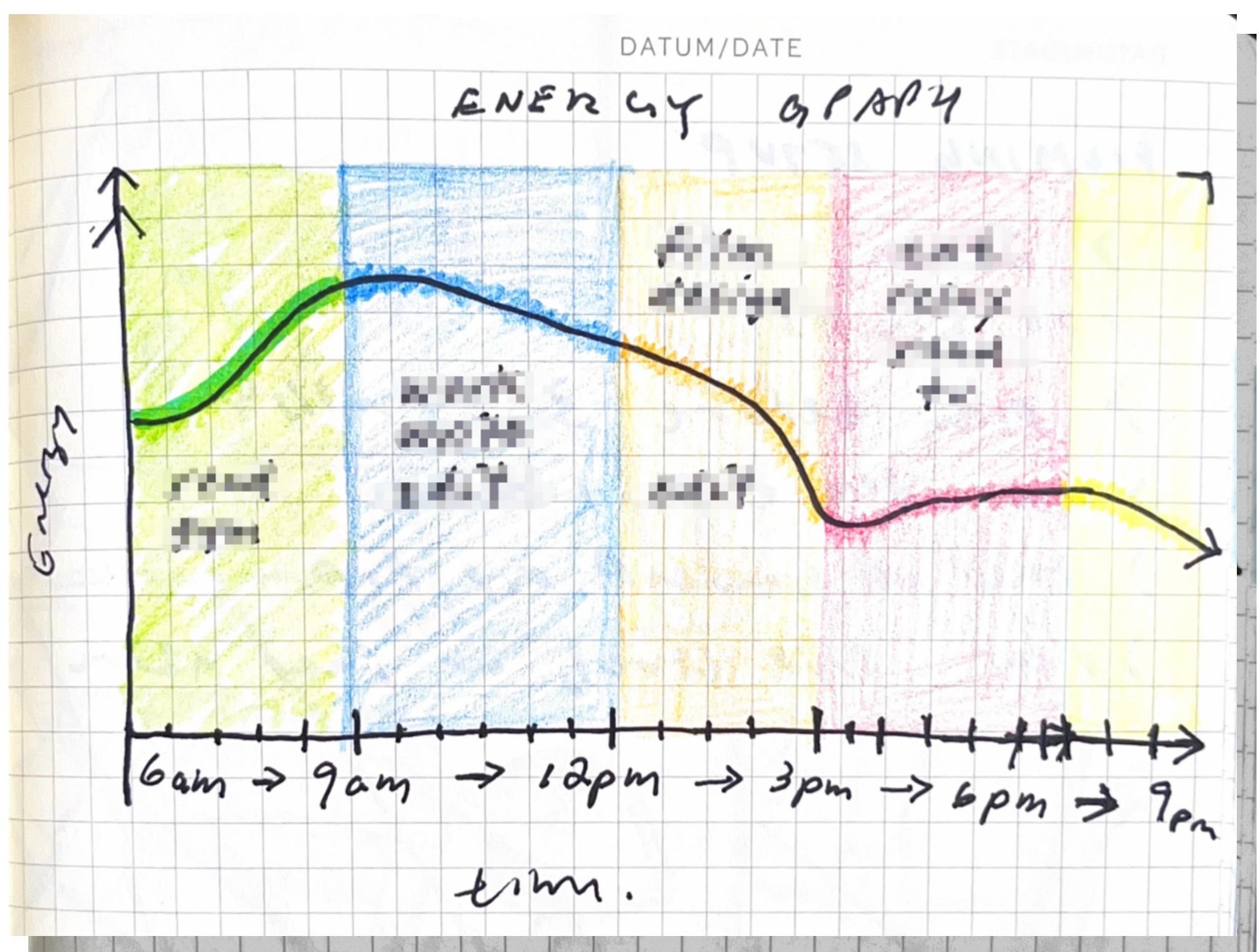
DAY of WEEK		DAILY HIGHLIGHTS	HABIT TRACKER
DATE	MONTH		
1 T	FEBRUARY	INTERVIEW	
2 W		INTERVIEW	
3 T		INTERVIEW	
4 F		INTERVIEW	
5 S		BOOK CLUB / BAND PRACTICE	WATCHED MEG CHEAT MEAL
6 S			
7 M			
8 T		INTERVIEW	
9 W		BAND PRACTICE	
10 T		Interview	
11 F		(PAYCHECK)	
12 S			
13 S		EAT	
14 M			
15 T			
16 W		BAND PRACTICE / MEET w/ VV	
17 T		DRINKS	7.28M 19NM
18 F			
19 S		BOOK CLUB	
20 S		CAMPING	
21 M			
22 T		JAM w/ [redacted] (good start)	
23 W		CHECKIN	
24 T		(PAYCHECK/C)	
25 F		DINNER	
26 S			
27 S		CAR	
28 M		QUIT JOB & WK NOTICE	

More monthly pages

	WEEK	WEIGHT	SLEEP TIME	WAKE TIME	STEPS
W	8	210.1kg	2:02	7:49	17,538
T	9	-	NOSLEEP	—	7,469
F	10	-	8:57	19:22	7,899
S	11	168.6kg	01:00	8:15	8,409
S	12	168	03:09	11:55	6360
M	13	165.8	6:22	9:26	7787
T	14	165.8	10:29	7:54	15039
W	15	165.8	1:40	8:26	12351
T	16	-	10:12	2:41	3220
F	17	167.5	20:47	07:47	8833
S	18	-	1:28	6:36	5144
S	19	-	10:05	8:09	14909
M	20	-	02:35	8:08	1641
T	21	165.6	02:20	8:20	6443
W	22	165.7	00:10	8:20	2016
T	23	165.8	00:20	7:45	4993
F	24	165.0	00:20	8:19	84166
S	25	164	1:46	7:35	43
S	26	165	2:05	8:33	21
M	27	=	—	—	79
T	28	=	10:26	7:38	61
W	29	166.8	10:53	7:50	43
T	30	166	1:13	8:46	59
F	31	166	—	—	37
S	1	166	02:11	10:22	13
S	2	165	03:58	8:49	79
M	3	167	11:57	8:14	—
T	4	167	12:01	7:44	—
W	5	167	—	—	—
T	6	—	11:42	7:43	—



Energy Tracker



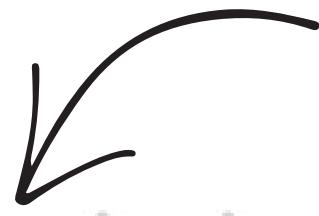
Time Tracker



Sleep Tracker

SLEEP TRACKER			
	SLEEP TIME	WAKE TIME	
1 F	_____	_____	
2 S	_____	_____	
3 S	_____	_____	
4 M	_____	_____	
5 T	_____	_____	
6 W	_____	_____	
7 T	_____	_____	
8 F	_____	_____	
9 S	_____	_____	
10 S	_____	_____	
11 M	_____	_____	
12 T	_____	_____	
13 W	_____	_____	
14 T	_____	_____	
15 F	_____	_____	
16 S	_____	_____	
17 S	_____	_____	
18 M	_____	_____	
19 T	_____	_____	
20 W	_____	_____	
21 T	_____	_____	
22 F	_____	_____	
23 S	_____	_____	
24 S	_____	_____	
25 M	_____	_____	
26 T	_____	_____	
27 W	_____	_____	
28 T	_____	_____	
29 F	_____	_____	
30 S	_____	_____	
31 S	_____	_____	

Content Tracker

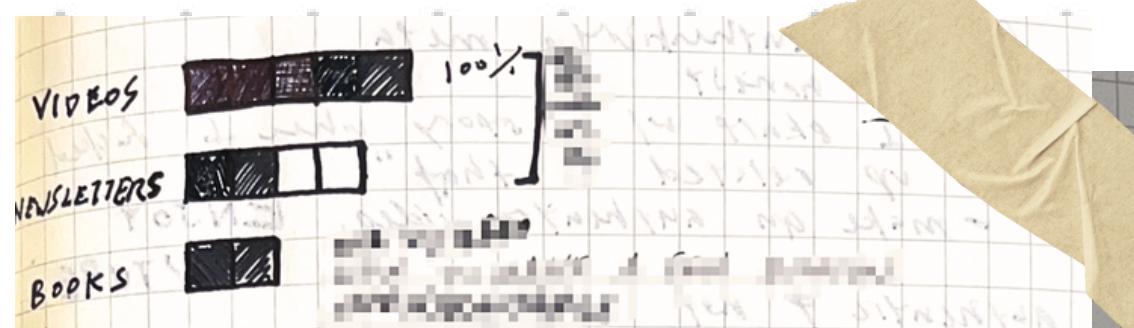


CONTENT RECOMMENDATIONS (OR TRACKERS)

- M THE SOCIAL NETWORK
- b INDISTRACABLE
- S ATTACK ON TITAN
- P ALI ABDAAL INTERVIEW
- V REYSU VISION PRO VIDEO

KEY

- M : movie
- b : book
- S : series
- P : podcast
- V : video

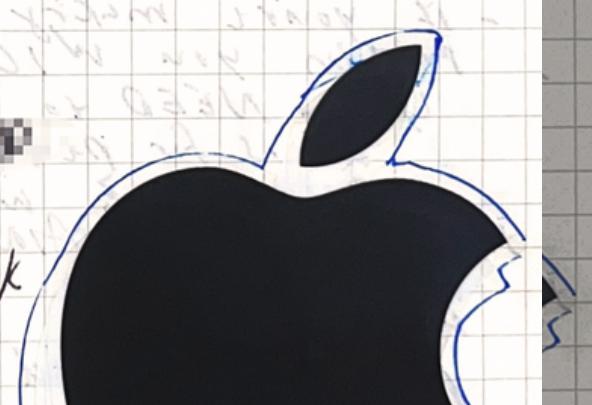


one main goal I want to fulfill this month is learning the art of journaling and writing. I have a lot of documents and guides ready, so I can start right now. I will also be writing the first few chapters of my book and getting the first few chapters done.

OTHER THINGS

- Buy new keyboard
- Learn to program
- Write and Rev.
- Read and Reflect

I skate to where the puck is going to be, not where it has been."



FEBRUARY 2024

Goal Tracker



OTHER THINGS

- run everyday for 30 DAYS
- meal prep everyday
- start a podcast
- start a community

VIDEOS



NEWSLETTERS



Books



Book Tracker

50 BOOKS IN 2021	
<input type="checkbox"/> THE SUBURBAN LIFE	BRAVE NEW WORLD SKIN IN THE GAME 我的日本語
<input type="checkbox"/> ELON MUSK	FAITHLESSNESS THE MIL SHOP
<input type="checkbox"/> LOSING MY VIRGINITY	OPEN MILION MILEAGES
<input type="checkbox"/> SHOE DOG	MODULE OF MORE 海辺の力 (Y) 海辺の力 (T)
<input type="checkbox"/> MY DEBT CRISIS	
<input type="checkbox"/> PRINCIPLES	
<input type="checkbox"/> 6Q	
<input type="checkbox"/> BUILDING NETFLIX	
<input type="checkbox"/> GRANDMA BIOGRAPHY	CLIMME DISASTER
<input type="checkbox"/> ハーバードの大成功	UH - ニズン
<input type="checkbox"/> FREAKOMICS	WHY WE ARE
<input type="checkbox"/> アメの魔力	SUPER AND F*CK
<input type="checkbox"/> 超・殺人事件	EXIT WEST
<input type="checkbox"/> ANARCHY, ETC.	HOW TO GET FINALLY RICH
<input type="checkbox"/> BARACK OBAMA	財才無窮
<input type="checkbox"/> GIGEONIGHTS	LIAO'S POLICY
<input type="checkbox"/> WORK/CHAIN REVOLUTION	A RANDOM WALK VALL
<input type="checkbox"/> COMMON SENSE/UNCOMMON SENSE	AIRBNB STORY
<input type="checkbox"/> MONK DOCS	
<input type="checkbox"/> THINK AGAIN	入社一年目
<input type="checkbox"/> ZERO TO ONE	BORN TO RUN
<input type="checkbox"/> JOINY INE	THE FUTURE IS FASTER
<input type="checkbox"/> CULTURE HAKKS	
<input type="checkbox"/> POST COVIDA	DATUM/DATE
<input type="checkbox"/> THINK LIKE A MONK	BOOKS READ
<input type="checkbox"/> THE ALMANACK OF NAVAL RANK	AGE 26
<input type="checkbox"/> PSYCHOLOGY OF MONEY	
<input type="checkbox"/> THE ALMANACK OF HAPPINESS	X 10X RULE *****
	X MY BODY ***
	X THE DIARY OF A CEO *****
	• \$100M LEADS
	• E-MYTH REVISITED
	• BE OBSESSED OR BE AVERAGE
	• THE YOUTUBE FORMULA
	• FOUR THOUSAND WEEKS
	• 32 PRINCIPLES - RENEW
	X ELON MUSK BY WAUTER ***** Sept 16, 2023

	• FOUR THOUSAND WEEKS
	• PERMISSION TO FAIL
	• POOLED BY RANDOMNESS
	• DOPAMINE NATIVE

Fitness Tracker

UPPER POWER		MON	TUES	WED	THURS	FRI	SAT	SUN
		11/19	11/20	12/05	12/12	12/19		
		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5		
INLINE BARBELL PAUSE	4x6x8	145x5	145x6	135x6				
		145x5	145x6	155x6				
		145x5	145x6	155x6				
		145x5	145x6	155x6				
CLOSE-GRIP BENCH PRESS	8-12 reps	145x10	145x10	135x8				
		145x10	145x10	135x8				
		145x10	145x10	135x8				
STANDING OVERHEAD PRESS	6-12 reps	95x6	95x6	75x8				
		95x6	95x6	75x8				
		95x6	75x6	75x8				
		95x6	95x6	75x8				
CLOSE-GRIP CABLE PUSHDOWN	10-12 reps	40x10	60x10	60x10				
		40x15	60x10	60x10				
		40x15	60x10	60x10				
SUPERSET STRAIGHT DB-CURL	8-12 reps	45x10	45x10	45x12				
		45x10	45x10	45x12				
		45x10	45x10	45x12				
OVERHEAD CABLE EXTENSION	8-12 reps	40x10	40x10	30x8				
		40x11	40x10	30x8				
		40x11	40x10	30x8				
SUPERSET ALTERNATING D-B CURL	10-15 reps	35x8	35x8	30x8				
		35x8	35x8	30x8				
		35x8	35x8	30x8				
CABLE PUSHDOWN	10-15 reps	40x8	60x8	50x10				
		40x8	60x8	50x10				
		40x8	60x8	50x10				
		40x8	60x8	50x10				
		46-54	—	—				
		46-54	—	—				

LOWER POWER		TUES	THURS	FRI	SAT	SUN
		11/22	12/1/1			
		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
BARBELL SQUAT		185x5	185x8			
		185x5	185x8			
		185x5	185x8			
		185x5	185x8			
		185x5	185x8			
SUMO DEADLIFT		185x5	185x8			
		185x8	185x8			
		185x8	185x8			
		185x8	185x8			
LEG PRESS		195x10	195x10			
		195x10	195x10			
		195x10	195x10			
LEH CURL		100x10	100x10			
		100x10	100x10			
		100x10	100x10			
SUPERSET GUTE HAM RAISE		15	15			
		15	15			
		15	15			
CALF RAISE		80x15	95x15			
		80x15	95x15			
		80x15	95x15			
		80x15	95x15			
		80x15	95x15			
		—	—			
		55:39	62m			

Diet Tracker

Diet Plan

X DO NOT EAT

- 1. SUGAR = juice, granola, coke
- 2. FLOUR = cookies, bread, pizza
- 3. FAST FOOD = KFC, chips, burgers

Main Meals

- 1. VEGGIES = spinach, cabbage, broccoli
- 2. PROTEIN = chicken, turkey, eggs, fish
- 3. HEALTHY FAT = olive oil, avocado, peanuts (<40g), fish

DAILY HABITS

1. 4L OF WATER
2. APPLE RINGS
3. 10,000+ STEPS
4. 6-7 HRS OF SLEEP
5. FASTING
6. ABS EACH DAY

LIMITS

1. FRUITS (one per day)
2. CARBS (50g of carb ONLY once per day)
3. NO CARBS EATING OUT

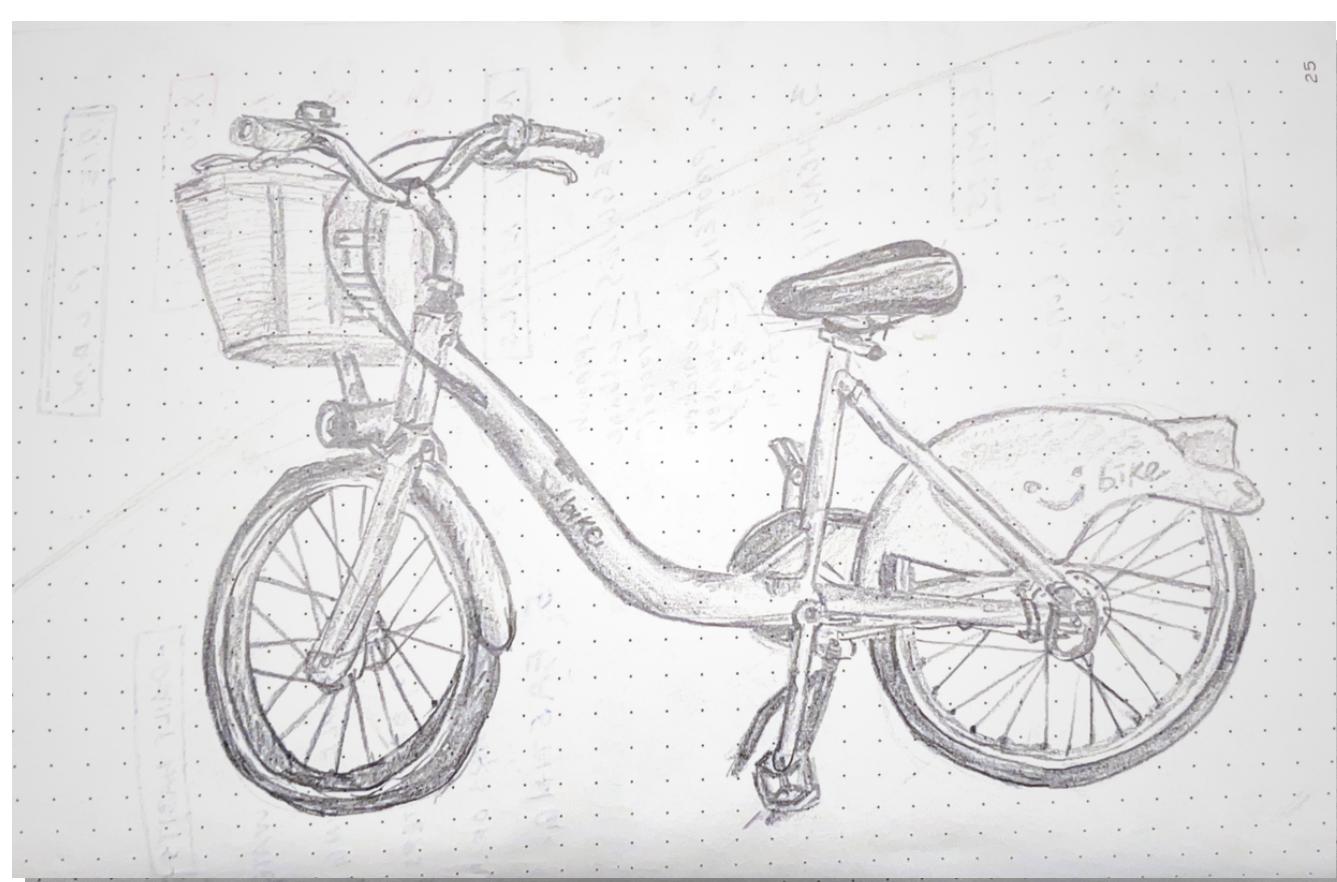
Music Tracker



126

127

Doodles

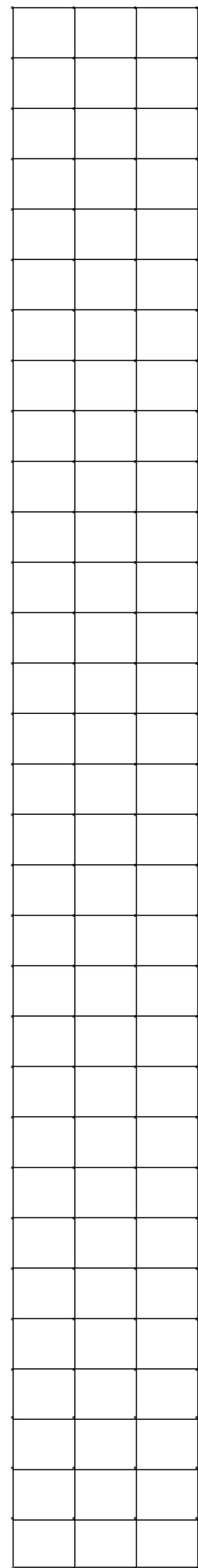


24

25

Template Printout

I	—
2	—
3	—
4	—
5	—
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10	—
11	—
12	—
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31	—



Let's get it.

Any questions?



reysuyt@gmail.com



@reysu



@reysuing



@reysuing