July Daily Tracker

Good Afternoon Sowndharya

YOU HAVE PLANTED

31

	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	CURRENT %	LAST MONTH %
TOTAL TASK	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15		
TAST COMPLETED	10	7	4	12	3	8	2	5	3	2	1	1	1	4	1	6	3	4	4	4	1	4	5	6	2	1	5	1	5	1	3	119	
TASK COMPLETION %	67%	47%	27%	80%	20%	53%	13%	33%	20%	13%	7%	7%	7%	27%	7%	40%	20%	27%	27%	27%	7%	27%	33%	40%	13%	7%	33%	7%	33%	7%	20%	26%	
Productivity %	80%	40%	40%	100%	40%	60%	20%	40%	40%	20%	20%	20%	20%	20%	20%	40%	20%	20%	20%	20%	20%	20%	40%	20%	20%	20%	60%	20%	40%	20%	40%	33%	
Fitness & Mindsets %	50%	50%	33%	67%	17%	67%	17%	50%	17%	0%	0%	17%	0%	17%	0%	50%	17%	0%	33%	50%	0%	17%	17%	33%	33%	17%	17%	0%	17%	0%	33%	24%	

WEEK NAME	WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5			LONGEST STEAK	COMPLETION %
DAY NUMBER	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
WAKE UP AT 6.30 AM																																9	29%
JOURNALING																																6	29%
WALKING FOR 30 (MIN)																																2	42%
COOKING AT 7.00 (AM)																																2	19%
SHOWER AT 9.00 (AM)																																2	19%
BREAKFAST AT 9.30 (AM)																																3	26%
POOJA AT 10.00 (AM)																																31	100%
WORKING 10.00 (AM) -7 (PM)																																1	19%
REST & SNACKS																																4	35%
DINNER																																1	16%
GROCERIES SHOPPING																																1	7%
LEARNING 9-11PM																																1	10%
SLEEP BY 11.30 PM																																1	10%
DRINK 6 GLASS WATER																																2	23%

August Daily Tracker

Good Afternoon Sowndharya

YOU HAVE PLANTED: **31**

	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	CURRENT %	LAST MONTH %
TOTAL TASK	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15	15		
TAST COMPLETED	10	3	2	12	2	9	2	3	2	3	2	2	2	5	2	2	4	10	6	7	2	7	3	8	6	4	7	4	7	4	9	151	119
TASK COMPLETION %	67%	20%	13%	80%	13%	60%	13%	20%	13%	20%	13%	13%	13%	33%	13%	13%	27%	67%	40%	47%	13%	47%	20%	53%	40%	27%	47%	27%	47%	27%	60%	32%	26%
Productivity %	60%	0%	0%	80%	0%	60%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	80%	20%	40%	20%	20%	20%	20%	40%	20%	40%	20%	40%	20%	80%	22%	33%
Fitness & Mindsets %	50%	17%	50%	83%	33%	83%	33%	67%	33%	17%	33%	50%	33%	50%	33%	50%	50%	67%	67%	67%	17%	50%	33%	67%	50%	50%	67%	50%	67%	50%	83%	50%	24%

WEEK NAME	WEEK 1							WEEK 2							WEEK 3							WEEK 4							WEEK 5			LONGEST STEAK	COMPLETION %
DAY NUMBER	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
WAKE UP AT 6.30 AM																																20	97%
JOURNALING																																1	19%
WALKING FOR 30 (MIN)																																1	39%
COOKING AT 7.00 (AM)																																1	13%
SHOWER AT 9.00 (AM)																																2	23%
BREAKFAST AT 9.30 (AM)																																1	23%
POOJA AT 10.00 (AM)																																1	13%
WORKING 10.00 (AM) -7 (PM)																																1	16%
REST & SNACKS																																1	23%
DINNER																																1	19%
GROCERIES SHOPPING																																2	10%
LEARNING 9-11PM																																8	52%
SLEEP BY 11.30 PM																																9	94%
DRINK 6 GLASS WATER																																10	48%