

# 1% Improvement Concept

**Question 1.** Which habit do you want to develop in your life **right now?**

(Choose only One Habit to work)

**Your Answer -**

**Question 2.** What activities are there which you have to do on a regular basis in order to develop this habit?

**Your Answer -** [List Down the name of Activities]

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Question 3.** Choose one activity among all the above listed in your previous answer and improve it

**Your Answer -**

Activity Name - (Activity One)

<b><u>Week 1 - Track Board</u></b>	
<b><i>Day</i></b>	<b><i>Activity One Task Completion (Yes or No)</i></b>
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

(If you were able to Complete - then fill in "Yes"; if not completed - then fill in "No".)

Activity Name - (Activity Two)

(Here the Activity Two is from the Activities list you wrote in previous answer)

<b><u>Week 2 - Track Board</u></b>		
<b><i>Day</i></b>	<b><i>Activity One Task Completion (Yes or No)</i></b>	<b><i>Activity Two Task Completion (Yes or No)</i></b>

Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

(If you were able to Complete - then fill in "Yes"; if not completed - then fill in "No".)

Every new week a new activity column will get added depending on your previous activities track records.