



EARNED. NOT GIVEN.

30-DAY CONSISTENCY TRACKER

SMALL ACTIONS. EVERY DAY. BIG RESULTS.

Discipline today. Freedom tomorrow.

Stay consistent for 30 days and build the life you want.

NAME: _____ START DATE: _____ END DATE: _____

DAILY HABITS	DAYS														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
 WORKOUT Train with purpose	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 NUTRITION Eat clean, hit your goals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 WATER Stay hydrated	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 SLEEP 7-9 hours	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 MINDSET Stay positive, stay focused	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 SELF IMPROVEMENT Read, learn, grow	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 CARDIO / STEPS Move more daily	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
 SUPPLEMENTS Take what you need	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



DAILY WIN

What was your biggest win today?



NOTES & REFLECTION

What can you improve on?

What are you most proud of?



30-DAY COMMITMENT

I COMMIT TO SHOWING UP FOR MYSELF EVERY DAY FOR THE NEXT 30 DAYS.
I KNOW THAT CONSISTENCY CREATES TRANSFORMATION.

SIGNATURE: _____ DATE: _____



YOU DON'T HAVE TO BE EXTREME. JUST CONSISTENT.