

[illegible]

30-Day Project & Goal Tracker

Check off Daily Action

Goals

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Notes



Progress & Reflection

Progress

Moved closer to my goal	☐	
Took daily action toward my goal	☐	
Tracked my daily progress	☐	
Tracked my weekly progress	☐	
Adjusted plans when appropriate	☐	

What Worked?

What Didn't?

How Can I Improve?



January

Plans

**Download
Now!**

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