

FEW COMMIT

DAILY TRACKER

Day# _____ of 7

Life Of: _____

Quote of the week: _____

Day of Week: _____

Date: _____

Time Awake: _____

Gratitude: _____

CAREER / WORK NOTES

Notes: _____

VITAMINS

Took All

Most

None

NUTRITION

Meal 1: _____ Meal 2: _____ Meal 3: _____

Meal 4: _____ Meal 5: _____ Meal 6: _____

GYM SUPPLEMENTS

C4

Creatine

BCAA's

Glutamine

Test Boost

Nitric Oxide

GYM

Body Part Worked: _____

Minutes Worked Out: _____

Sore: Yes / No

CARDIO

Type: _____

Miles: _____

Minutes: _____

10+ MIN RUN

Where: _____

Miles: _____

Minutes: _____

MENTAL STATE / SPIRITUAL _____

Listened to Motivational Videos

Today's Vibe (1-10, ten being on top of the world)

CHORES

Trash

Laundry

Mail

Finances

Cleaning

Shopping

Day Notes: _____

Time Asleep: _____

Hydrated: Yes / No

Bottles of Water Today: _____

Alcohol Free