

Productivity Tracking Calendar

Habit: _____

Motivation #1 _____

Motivation #2 _____

Motivation #3 _____

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------|-------|-------|-------|-------|-------|-------|-------|
| Week 1 | | | | | | | |
| Week 2 | | | | | | | |
| Week 3 | | | | | | | |
| Week 4 | | | | | | | |

Tips: Only implement one habit at a time. Focus is the key for productivity and stickiness.
 It's going to be tough at first, but it will get easier. Your brain needs time to adjust. Trust the process.
 Progress is better than perfect. Don't obsess over details and minor decisions. Just keep moving forward.
 Celebrate each week you finish without a lapse until you complete your goal!