

# Daily Routine Tracker

*Build consistency without overthinking.*

Date: \_\_\_\_\_

My Non-Negotiable Standards (check when completed):

- Wake at: \_\_\_\_\_ AM
- 10 minutes gratitude / intention
- Movement (\_\_\_\_ minutes)
- Deep work block 1 (\_\_\_\_ minutes)
- Deep work block 2 (\_\_\_\_ minutes)
- Financial action (review / invest / earn)
- Learning (read / listen \_\_\_\_ minutes)
- Connection (one meaningful act)
- Evening wind-down by: \_\_\_\_\_ PM

Today's One Big Win:

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What drained me today?

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What fueled me today?

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Tomorrow I will protect my energy by:

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**Consistency compounds. You don't need to feel motivated—you only need to keep the standard.**