

Daily Tracker



Small daily actions. Steady progress.

DATE _____

3 . 3 . 3

Move

Make space for movement today.

MY MOVEMENT PLAN

☐ I moved in a way that worked for me today.

Nourish

Choose a high-protein meal intention for today.

MY MEAL INTENTION

☐ Breakfast

☐ Lunch

☐ Dinner

☐ Snack

Check what supports your intention, or use the line above to keep it simple.

Build

Take one \$30 savings or wealth-building action.

☐ Transfer or save \$30

☐ Review a money goal

☐ Learn or plan one next step



3 Evening Wins

Tiny counts. Write what went right.

01 _____

02 _____

03 _____