

The 30-Day 1% Progress Tracker

Track 3 habits · Build your streak · Trust the plateau

How to Use This Tracker

- 01 Choose up to 3 habits to track.**
Pick habits small enough to do on your worst day. One rep. One page. Five minutes.
- 02 Write your habits in the boxes on page 2.**
Be specific. Not "exercise" — "put on shoes and walk outside."
- 03 Each day, fill in the circle if you completed the habit.**
Fill it fully. A half-circle doesn't count. Consistency is binary.
- 04 Never miss two days in a row.**
Missing once is human. Missing twice is the start of a new (bad) habit.
- 05 At the end of 30 days, reflect.**
Write your notes at the bottom of page 2. What changed? What surprised you?

The Math Behind the 1% Rule

1% better every day for one year: 1.01

³⁶⁵ = **37.78x better**

Small improvements, compounded daily, produce extraordinary results.
This tracker exists to help you show up on the days when you don't feel like it.

30-Day 1% Tracker

Fill the circle each day you complete the habit. Never miss twice.

Name: _____ Start Date: _____ End Date: _____

HABIT 1

HABIT 2

HABIT 3

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<input type="checkbox"/>														
<input type="checkbox"/>														
<input type="checkbox"/>														

Days 1–15

16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
<input type="checkbox"/>														
<input type="checkbox"/>														
<input type="checkbox"/>														

Days 16–30

Legend: Not completed Completed

Weekly Review

Week 1 (Days 1–7)

Week 2 (Days 8–14)

Week 3 (Days 15–21)

Week 4 (Days 22–30)

30-Day Reflection

What changed in the first week?

Which habit felt hardest to maintain?

What will you do differently next month?
