

28 DAY HABIT TRACKER BY DOMAX FOUNDATIONS

Welcome to the 28 Day Habit tracker. We have Listed 7 successful habits for you and added some more information about them below (However, feel free to customise them as you please)! Over the next 28 Days, all that we ask is that you do your **ABSOLUTE BEST**. If you miss a day or two that is completely fine; leave that day blank and start the next day as a fresh start. **STAY FOCUSED & GOOD LUCK!**

RECITE YOUR MANTRA	Start your day with a powerful statement that reflects who you want to become. Saying your mantra out loud builds confidence and clarity. Speak it with intention and repeat it whenever you need a reset. E.g. "I am becoming the best version of myself" or "I grow through what I go through" Keep it catchy!
PLAN YOUR DAY	Spend a few minutes each morning (or the night before) mapping out your goals, priorities, and schedule. A simple plan helps you stay focused, reduce stress, and make the most of your time. Use the daily planner provided to take control of your day before it takes control of you!
DRINK 3L OF WATER	Staying hydrated boosts energy, focus and overall health. Aim to drink 3 litres of water daily to support your body and mind. Carry a water bottle with you and sip consistently throughout the day. Keep in mind that you may need more or less depending on your body type, environment and lifestyle so do your research!
ACHIEVE 10,000 STEPS	Walking 10,000 steps ensures that you're active even on the days you can't exercise. It's not just walking — it's momentum. Use it to think, reset, or unwind. Whether it's one long walk or short bursts, movement fuels progress. This habit is also a great test of discipline... Don't go to bed until you've hit your mark!
NO DEVICES AFTER 9PM	Switching off screens after 9PM helps your brain unwind, reduces blue light exposure, and improves sleep quality. Use this time to disconnect and reflect (Also the perfect time for the following 2 habits). Feel free to adjust the time to roughly 30 mins before your bedtime. The scroll can wait!
READ 5-10 PAGES	Daily reading sharpens your mind and expands your knowledge. It's also a great way to wind down. Whether it's personal growth, finance, or mindset — a few pages a day adds up fast. Choose books that challenge and inspire you to level up. Feel free to Listen to an audio book instead if that's what you prefer!
5-10 MIN MEDITATION	Take a few minutes to slow down, breathe, and reset. If you struggle to clear your mind completely then start listing things you are grateful for. Feel free to follow a guided breathing exercise in this time as well- you can find some on the Domax website or YouTube. Careful not to get Distracted!

FOR MORE INFORMATION AND MOTIVATION – VISIT WWW.DOMAXFOUNDATIONS.COM.AU

28 DAY HABIT TRACKER

BY DOMAX FOUNDATIONS

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
RECITE YOUR MANTRA																												
PLAN YOUR DAY																												
DRINK 3L OF WATER																												
ACHIEVE 10,000 STEPS																												
NO DEVICES AFTER 9PM																												
READ 5-10 PAGES																												
5-10 MIN MEDITATION																												

“IMAGINE IF WE JUST DID THE THINGS, WE KNEW WE WERE GOOD FOR US”

DAILY PLANNER

BY DOMAX FOUNDATIONS. **DATE:** _____

WAKE UP		BEDTIME	
----------------	--	----------------	--

PRIORITIES	TIME
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MORNING	
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
AFTERNOON	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
EVENING	
6:00	
7:00	
8:00	
9:00	
10:00	

NOTES	STEPS

"Either you run the day or the day runs you" – Jim Rohn