

Tracking + Reflection Tools

1. 30-Day Reprogramming Tracker

Purpose:

To help you witness your healing, one day at a time.
Change is subtle until you track it — then it becomes undeniable.

Instructions:

- Print this sheet or keep it in your journal.
- Fill in one line per day (morning + evening).
- Be honest, not perfect. This isn't a scorecard — it's a mirror.

Daily Prompts

Day	Morning Reflection	Evening Reflection	Energy Level (1–10)	Notes / Wins
1	What do I need today?	What felt good in my body?		
2	How can I honor my body	What's one thing I did right?		
3	What will support my healing today?	What lesson did I learn today?		
4	What am I grateful for right	What helped me feel calm?		
5	What can I release today?	What am I proud of?		
6	What do I need more of?	What do I need less of?		
7	How can I bring joy into my routine?	What brought me peace today?		
8–30	Repeat with your own short notes.	Add any weekly insights or emotional shifts.		

Weekly Reflection (every 7 days)

- What patterns do I see in my energy or mood?
- What foods or routines supported me best?
- What threw me off balance?
- What will I focus on next week?
- What am I most grateful for this week?

2. Weekly Accountability Sheet (Expanded)

Purpose:

This sheet is your “anchor.” It helps you stay consistent with movement, mindset, food, and hydration — the four pillars of reprogramming.

You can print one for each week or keep a running digital copy.

Weekly Intention

This week, I commit to:

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Daily Progress Tracker

Day	Movement Completed	Hydration Goal Met	Mindset Practice (Affirmations / Meditation)	Meals on Plan	Energy / Mood (1–10)
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

End-of-Week Check-In

-  **What went well:**

-  **What challenged me:**

-  **What supported my energy best:**

-  **One small win I'm celebrating:**

-  **Intention for next week:**

 *Tip:* Print the 30-Day Tracker and Weekly Sheet together in your binder or digital notebook. Seeing your own progress builds momentum and rewires your motivation from “I have to” → “I get to.”