

Thirty-day tracker

Thirty numbered days for a rolling 30-day challenge, with weekly check-in prompts and a status key.

Paused:Day 1 date:Day 30 date:

1date K A O P	2date K A O P	3date K A O P	4date K A O P	5date K A O P	6date K A O P
7date K A O P	8date K A O P	9date K A O P	10date K A O P	11date K A O P	12date K A O P
13date K A O P	14date K A O P	15date K A O P	16date K A O P	17date K A O P	18date K A O P
19date K A O P	20date K A O P	21date K A O P	22date K A O P	23date K A O P	24date K A O P
25date K A O P	26date K A O P	27date K A O P	28date K A O P	29date K A O P	30date K A O P

K Kept — no purchase in paused categories **A** Allowed — essential or planned exception **O** Off-plan — logged honestly, no penalty
P Paused — not assessed

Day 7 check-in

What worked? What needs adjusting?

Day 14 check-in

What worked? What needs adjusting?

Day 21 check-in

What worked? What needs adjusting?

Day 28 check-in

What worked? What needs adjusting?