DAILY DISCIPLINE DIARY

Track Your Daily Habits

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Words to Keep

"Consistency beats intensity when the game is long."

"Small steps every day lead to great distances over time."

"A habit formed in patience becomes a strength in time."

Week 1

Day	Learn something new	Listen to podcast	Sleep on time	Walk outside	No social media	Meditate	Say no to sugar
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 1 Reflection:

What went well?

What was difficult?

What to improve next week?

Week 2

Day	Tidy workspace	Learn something new	No social media	Cook healthy meal	Stretch	Read 10 pages	No phone morning
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 2 Reflection:

What went well?

What was difficult?

What to improve next week?

Week 3

Day	Drink 8 glasses	Listen to podcast	Read 10 pages	Cook healthy meal	Sleep on time	Walk outside	Say no to sugar
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 3 Reflection:

What went well?

What was difficult?

What to improve next week?

Week 4

Day	Meditate	Drink 8 glasses	Call a friend	No phone morning	Write journal	Read 10 pages	Learn something new
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 4 Reflection:

What went well?

What was difficult?

What to improve next week?

Monthly Summary

Which habit became easiest?

Which habit was hardest?

What surprised you?

What will you keep doing?

About This Printable

DAILY DISCIPLINE DIARY

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