WORKSHEET **My Day 30 Receipt**

Do this with your tracker and your four save points in front of you.

Shaded: _____ Dotted: _____ Empty: _____ Marked total: _____ / 30

Of the empty boxes, rest days: _____ Misses: _____

My longest stretch: _____ days (Days _____ to _____)

Comebacks (an empty box with a mark right after it): _____

The word that shows up most on my notes line: _____

The excuse family that showed up most: _____

The killer line that worked best: _____

The fix that did the most: _____

What these thirty days of reps helped me finish, learn or improve: _____

I'm someone who _____

☐ I wrote my sentence using only what the page shows.
☐ I took a photo of the page.

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