WORKSHEET **Shrink Cut Tracker, Days 1 to 7**

Each day, use at least one shrink cut on any stuck task. Tick the cut you used. Write the task in the last column.

Day	Touch it	Look at it	Open it	Do one	Do it rough	Task I used it on
1	☐	☐	☐	☐	☐	
2	☐	☐	☐	☐	☐	
3	☐	☐	☐	☐	☐	
4	☐	☐	☐	☐	☐	
5	☐	☐	☐	☐	☐	
6	☐	☐	☐	☐	☐	
7	☐	☐	☐	☐	☐	

The cut that worked best for me: _____

A task that moved this week: _____

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