WORKSHEET **My 30-Day Ramp Tracker**

Write R if you walked a ramp to its regular top, or L if you walked a low-gear ramp. Leave the box empty on a day you didn't start.

Days	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**
R or L										
Days	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**
R or L										
Days	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**
R or L										

Day 10 check-in. The ramp I walked most often: _____

Day 20 check-in. A ramp that stalled, and the fix I tried (Chapter 11): _____

Day 30 check-in. Letters this month: _____ R and _____ L.

One ramp I'll make a standing ramp (Chapter 12): _____

☐ I wrote a low-gear top on the back of at least one ramp card.
☐ I counted letters, not blanks.
☐ I kept going after at least one empty day.

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