DATE STARTED: \_\_\_\_\_

TRACKER	1	2	3	4	5	6	7	8	9	10
COLD SHOWER										
EXERCISE										
MEDITATE										
GRATITUDE PRACTICE										
MORNING ROUTINE										
VISUALIZATION										
KEEP IT CLEAN										
LOOK SHARP										
NO PORN										
EAT CLEAN										
SELF EDUCATE										
TAKE ACTION										



TRACKER	11	12	13	14	15	16	17	18	19	20
COLD SHOWER										
EXERCISE										
MEDITATE										
GRATITUDE PRACTICE										
MORNING ROUTINE										
VISUALIZATION										
KEEP IT CLEAN										
LOOK SHARP										
NO PORN										
EAT CLEAN										
SELF EDUCATE										
TAKE ACTION										



TRACKER	21	22	23	24	25	26	27	28	29	30
COLD SHOWER										
EXERCISE										
MEDITATE										
GRATITUDE PRACTICE										
MORNING ROUTINE										
VISUALIZATION										
KEEP IT CLEAN										
LOOK SHARP										
NO PORN										
EAT CLEAN										
SELF EDUCATE										
TAKE ACTION										