



THE 30-DAY DAILY

Action Tracker — Printable + Digital

by Michael A. | Bonus 2: Never Again

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How to Use This Tracker

Fill this in every day, even on days you skip your action — especially on days you skip it. The most useful thing this tracker does isn't record your wins; it's catch your **Drift** and your **motivation dip** early enough that you can respond to them using Chapter 5's Survival Protocol, instead of noticing three weeks later that you quietly stopped.

Each day, fill in five things: 1. **Date** 2. **Action Completed (Y / N / Partial)** — Partial counts. A small action beats no action, per Chapter 5. 3. **Momentum Score (1–5)** — how it felt today, not how it went. 1 = wanted to quit, 5 = fully energized. 4. **Motivation-Dip Flag** — mark this if today felt like a real dip, not just a normal off-day. This is your early warning system, especially through Days 8–14. 5. **One-Line Note** — what happened, what you'd do differently, or what to follow up on.

Review your full week every Sunday: look for a Momentum Score that's dropped for 3+ days in a row (early Drift warning), or 2+ Motivation-Dip flags in the same week (time to re-read Chapter 5).

WEEK 1: FOUNDATION (Days 1–7)

Day	Date	Chapter 4 Action	Completed (Y/N/Partial)	Momentum (1–5)	Dip Flag	Note
1		Clarity Audit + Fit Filter				
2		Define offer in one sentence				
3		Set price				
4		Build minimum sellable asset				
5		Identify first 10 prospects				
6		Prepare outreach (Bonus 1 templates)				
7		Send/post — first real action				

Week 1 Review (fill in Sunday): Average momentum score this week: ____ / 5. Any pattern in your notes worth flagging before Week 2? _____

WEEK 2: THE HARDEST WEEK (Days 8–14)

Read Chapter 5 before Day 8. This is the week most previous hustles died — track closely.

Day	Date	Chapter 4 Action	Completed (Y/N/Partial)	Momentum (1–5)	Dip Flag	Note
8		Follow up with responders				
9		Widen outreach (+5 prospects/1 content piece)				
10		Expect the dip — smallest version if needed				
11		Refine offer based on responses				
12		Second wave outreach				
13		Review tracker for dip flags				
14		First real income action				

Week 2 Review: How many Dip Flags this week? ____ If 2 or more, re-read Chapter 5's Survival Protocol before Week 3. Average momentum score: ____ / 5.

WEEK 3: MOMENTUM (Days 15–21)

Day	Date	Chapter 4 Action	Completed (Y/N/Partial)	Momentum (1–5)	Dip Flag	Note
15		Expand prospect list again				
16		Ask for one referral				
17		Review Fit Filter score				
18		Second follow-up round				
19		Handle first objection/rejection				
20		Build trust (testimonial/proof)				
21		Milestone check — first client conversation or win?				

Week 3 Review: Did you hit the Day 21 milestone from Chapter 8's map? Y / N / In Progress. Average momentum score: ____ / 5.

WEEK 4: ESTABLISHING THE PATTERN (Days 22–30)

Day	Date	Chapter 4 Action	Completed (Y/N/Partial)	Momentum (1–5)	Dip Flag	Note
22		Repeat core action				
23		Repeat core action				
24		Repeat core action				

Day	Date	Chapter 4 Action	Completed (Y/N/Partial)	Momentum (1–5)	Dip Flag	Note
25		Review tracker — find most productive action				
26		Deliver on commitments				
27		Deliver on commitments				
28		Deliver on commitments				
29		Plan Month 2				
30		Reflect and record vs. Day 1				

Week 4 Review: Most productive single action across all 30 days:

_____ (Do more of this in Month 2 — see Chapter 8.)

30-Day Summary

- Total days with a completed action (Y or Partial): ____ / 30
- Total Dip Flags across the month: ____
- Average momentum score across all 30 days: ____ / 5
- Where you started (from your Graveyard List, Chapter 1): _____
- Where you are now: _____

Keep a lightweight version of this tracker running past Day 30 — even a simple daily Y/N and momentum score continues to catch Drift early, per Chapter 8's maintenance guidance.