

Micro Wins Tracker

Small wins, tracked simply. Progress, week by week.

Week of _____

You showed up.
That counts.



Mon	Tue	Wed	Thu	Fri	Sat	Sun

e.g. Drank water / Cleaned desk / Walked / No phone before bed

If I do _____ for at least _____ days this week,
I will reward myself with:

This week's reflection