

Five-day Tracker



A Simple 5-Day Check-In System

5 Consistent Days

*This is a short starter tracker to help you build awareness and momentum.
Keep it simple. Don't overthink it.*

How To Use This

*Each day, quickly rate and check off what you completed.
It should take less than 2 minutes.*

Consistency > perfection.

5-Day Snapshot

Day	Moved My Body	Drank Enough Water	Slept 7+ hrs	Energy (1-10)
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	—

Quick Reflection (End of Day 5)

What improved this week?

What felt hard?

One thing I'll improve next week:

Five days. That's all it takes to understand your current situation.

This mini tracker isn't intended for a complete reset — it serves as your foundation. Monitor your essential habits, recognize your patterns, and be mindful of your energy levels.

Gaining clarity can change everything.

Once you realize the impact just five days of awareness can have, you'll appreciate why structured systems — featuring full resets, comprehensive tracking, and long-term frameworks — lead to genuine transformation.

Begin here.

Then elevate your life.

