Daily Performance Tracking

Make sure you track your performance every single day so that you make ticking this sheet the sole desire you have each day. Just focus on ticking off the boxes everyday for thirty days straight and things will seriously start to change in your life and your business.

Day	Date	Wake Time	Exercise	M Mindset	Start Time	End Time	Performance %	N Mindset	Bed Time
Eg.	Jan 20th	5:00 AM	YES	YES	7:00 AM	9:00 PM	70%	YES	10:00 PM
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