



30-Day Focus Habit Tracker

One focused day today multiplies tomorrow.
Use this chart to tick off each focus habit, track
your energy, and reflect on your wins.

Day	Focus Habit	Done (✓)	Energy	Notes
1	No-phone morning (30 min)		☐	
2	Single-task work block (45 min)		☐	
3	Journal top distractions at and of day		☐	
4	10-min deep breathing		☐	
5	Limit social media to one window		☐	
6	Silent walk (no music or podcast)		☐	
7	Reflect on top wins and pains		☐	
8	Day 7: Reflect on top wins		☐	
9	Day 30: Reflection on top wins		☐	
10	Day 30: Reflect on top wins		☐	30

My Reflection

My 3 main distractions: _____

My best focus habit: _____