



BUILD A BRIDGE - HABIT TRACKER

Small actions. Done consistently. Big impact.

Sustainable performance is built by reducing friction, adding simple actions & maintaining consistency.

HOW TO USE THIS TRACKER

This tracker is not about doing more, it is about doing the right few things, consistently. Choose three to five daily behaviours that support your energy, clarity and performance. Tick the day when you complete them.

No perfection required. Progress beats intensity.

KEY DAILY HABITS

Habit or Behaviour	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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NOTES AND REFLECTION

What worked well this week? _____

Where did your energy drop? _____

What is one small change that would make next week easier? _____