

# HABIT & INTEGRATION TRACKING FRAMEWORK

## WEEKLY INTEGRATION TRACKER

FOCUS ON CONSISTENCY OVER PERFECTION. AIM FOR STEADY EXECUTION OF CORE BEHAVIORS.

FOCUS / THEME FOR THE WEEK:

### HABIT / INTEGRATION PRACTICE

|    | MON                      | TUE                      | WED                      | THU                      | FRI                      | SAT                      | SUN                      | WEEKLY<br>TARGET |
|----|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|------------------|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | ____/7           |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | ____/7           |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | ____/7           |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | ____/7           |

## END-OF-WEEK INTEGRATION AUDIT

WHAT WENT WELL  
THIS WEEK?

---

---

---

---

WHERE DID FRICTION  
OCCUR, AND WHAT  
CAN BE ADJUSTED?

---

---

---

---

---

---

---

---

WHAT KEY LESSON  
WILL I CARRY INTO  
NEXT WEEK?

---

---

---

---

---

---

---

---