

30 days: one-person record

Write one rule, then record what actually happened.

Day 1 is your start date. Fill and save in a PDF reader, or print the page you need.

Name (optional)

Day 1 date (YYYY-MM-DD)

Date zone

Report cutoff in that zone

Written completion rule (include a quantity if needed)

Planned days / opportunities

Day 1 Code + amount, if useful 	Day 2 Code + amount, if useful 	Day 3 Code + amount, if useful 	Day 4 Code + amount, if useful 	Day 5 Code + amount, if useful
Day 6 Code + amount, if useful 	Day 7 Code + amount, if useful 	Day 8 Code + amount, if useful 	Day 9 Code + amount, if useful 	Day 10 Code + amount, if useful
Day 11 Code + amount, if useful 	Day 12 Code + amount, if useful 	Day 13 Code + amount, if useful 	Day 14 Code + amount, if useful 	Day 15 Code + amount, if useful
Day 16 Code + amount, if useful 	Day 17 Code + amount, if useful 	Day 18 Code + amount, if useful 	Day 19 Code + amount, if useful 	Day 20 Code + amount, if useful
Day 21 Code + amount, if useful 	Day 22 Code + amount, if useful 	Day 23 Code + amount, if useful 	Day 24 Code + amount, if useful 	Day 25 Code + amount, if useful
Day 26 Code + amount, if useful 	Day 27 Code + amount, if useful 	Day 28 Code + amount, if useful 	Day 29 Code + amount, if useful 	Day 30 Code + amount, if useful

Recording key

D Written rule met.

M Confirmed miss on a planned day.

? No report after cutoff; outcome unknown.

P Some action, below the rule.

R Intentional rest on a planned day.

N Not on the agreed plan.

Leave future reports blank. These paper labels are not app buttons or a habit-formation score.

30 days: two independent reports

One common rule; each person reports separately.

Day 1 is your start date. Fill and save in a PDF reader, or print the page you need.

Person A

Person B

Day 1 date (YYYY-MM-DD)

Shared date zone

Written completion rule (include a quantity if needed)

Agreed planned days / opportunities

Report cutoff in the shared zone

Day 1 A B	Day 2 A B	Day 3 A B	Day 4 A B	Day 5 A B
Day 6 A B	Day 7 A B	Day 8 A B	Day 9 A B	Day 10 A B
Day 11 A B	Day 12 A B	Day 13 A B	Day 14 A B	Day 15 A B
Day 16 A B	Day 17 A B	Day 18 A B	Day 19 A B	Day 20 A B
Day 21 A B	Day 22 A B	Day 23 A B	Day 24 A B	Day 25 A B
Day 26 A B	Day 27 A B	Day 28 A B	Day 29 A B	Day 30 A B

Recording key

D Written rule met.

M Confirmed miss on a planned day.

? No report after cutoff; outcome unknown.

P Some action, below the rule.

R Intentional rest on a planned day.

N Not on the agreed plan.

Leave future reports blank. These paper labels are not app buttons or a habit-formation score.