

The 33-Day Tracker

Fill in a row each day. The 3, 6, and 9 columns are for your Person Line writing sessions. Tick Done only when the Move is finished, then write one or two lines for your Receipt. Never skip two days in a row.

DAY	3	6	9	TODAY'S ONE MOVE	DONE	RECEIPT (WHAT I DID, WHAT IT PRODUCED)
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

The 33-Day Tracker

Days 1 to 11 are the Foundation: private and small. Days 12 to 22 are the Stretch: involve other people. Days 23 to 33 are the Proof: ask, offer, and finish.

DAY	3	6	9	TODAY'S ONE MOVE	DONE	RECEIPT (WHAT I DID, WHAT IT PRODUCED)
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						
33						

WEEKLY REVIEW (DAYS 7, 14, 21, 28)

What moved? What did not? What is next week's braver Move?
