

WEEKLY HABIT & ROUTINE CHECK-OFF SPREAD

7-DAY EXECUTIVE ROUTINE MATRIX & CONSISTENCY LOG

WEEK OF: ____ / ____ to ____ / ____ /20 ____

TOP WEEKLY NON-NEGOTIABLE: _____

TARGET CONSISTENCY: ____ %

DISCIPLINE PRINCIPLE: "We are what we repeatedly do. Excellence, then, is not an act, but a habit." - Will Durant

HABIT / ROUTINE DISCIPLINE	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	RATE (%)
1.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
2.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
3.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
4.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
5.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
6.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
7.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
8.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
9.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
10.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
11.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
12.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
13.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
14.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %
15.	___ / 7	☐	☐	☐	☐	☐	☐	☐	_____ %

WEEKLY HABIT MOMENTUM & PERFORMANCE SYNTHESIS:

TOTAL COMPLETED HABITS: _____ / 105

OVERALL CONSISTENCY: _____ %

STRONGEST HABIT OF THE WEEK: _____

WEEKLY REWARD CLAIMED []