



TREAT A MISSED DAY AS JUST A DAY

This sheet helps you reframe a missed day in your routine.

- 1** Acknowledge the missed day without judgment.
- 2** Mark it in your tracker as an event, not a failure.
- 3** Decide on the smallest next step you can take.
- 4** Schedule that step at the next available time.
- 5** Reflect on how you feel after completing the small step.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

1

TUE

11

WED

THU

1

FRI

9

SAT

1

SUN

What I noticed this week:

A missed day happened. The next day is still yours.