

Discipline and Habit Tracker

The Struggle Bus Prevention Kit
Use this document if you're having trouble staying on track.

Track your daily discipline, habits, and mastery here for one week to get back on track.

My Name _____

Week Of _____

Focus word this week _____

Habit/Discipline	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Wake up on Time (goal: ____)							
No Impulse Spending							
Movement / Workout							
Low Screen Time							
Daily Discomfort / Growth							
Created / Produced Something							
Clutter Cleared							
You Choose: _____							
You Choose: _____							
You Choose: _____							

Point System - Put a ✓ if completed - Put a ● if partial effort - Put and X if missed

Total Habits Completed: ____ / 70
Discipline %: ____% (Your # divided by 70)

Biggest win: _____
Habit to improve next week: _____
Did I avoid my comfort traps? (Y/N) _____

The Askesis Method

Confront
Strip
Discipline
Build
Transcend