

# Experimental Cycle Tracker

MY DESIRED STATE

.....

CYCLE # .....

DATE .....

ACTION: I will .....

WHEN: .....

PERIOD: for .....

*Example: I will take a 5 min passive break every weekday at 10am for 1 week.*

DAY	DONE	IMPACT ON FOCUS	IMPACT ON ENERGY	REFLECTION
1.	<input type="checkbox"/>	.....	.....	.....
2.	<input type="checkbox"/>	.....	.....	.....
3.	<input type="checkbox"/>	.....	.....	.....
4.	<input type="checkbox"/>	.....	.....	.....
5.	<input type="checkbox"/>	.....	.....	.....

END OF CYCLE REVIEW

WHAT WORKED

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WHAT DID NOT WORK

.....

.....

WHAT I WILL DO NEXT

Continue     Adjust     Stop     Commit

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