

Daily Method of Operation

For the Month of _____

My Daily "Slight Edge" Actions

1.

2.

3.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Success

Failure

Instructions:

Set your actions above.

For each day you complete ALL your actions mark one square up and right from the last.

If you do not complete all your actions then mark the square down one and right.