

7-Day Stretch & Tea Tracker

Small wins, tracked daily, become big change.

NAME

START DATE

DAY	STRETCH MINUTES COMPLETED	TEA ON TIME (BEFORE NOON)	CRAVINGS TODAY (0 = NONE, 3 = STRONG)
Day 1		☐	0123
Day 2		☐	0123
Day 3		☐	0123
Day 4		☐	0123
Day 5		☐	0123
Day 6		☐	0123
Day 7		☐	0123

Look back at Day 1 vs Day 7 — that gap is proof it's working.