30-Day Reset Challenge Tracker

Small actions. Clear focus. Consistent discipline.

How to use this tracker:

Each day, focus on progress—not perfection. Complete one focused work block, one small win, and a short reflection. Use the notes section honestly. This is a reset, not a test.

Day	Focused Block (30–60 min)	Small Win	Reflection / Notes
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Reminder: Consistency beats intensity. One focused step each day compounds into lasting change.

— Thierno Diallo