LIVE IT! Daily Tracker

The daily tracking workbook from page 173 of LIVE IT! by Jairek Robbins

Start date (a Monday)

Write your start date in the box:

How it works

1. Pick one or two MUST habits for each of the seven majors. Each one should take 15 minutes or less.
2. Write them in the Habit column of each week (for example: 1a Walk 20 minutes after lunch).
3. Each day, tick the habits you did. Each night, answer the four questions in your Journal.
4. At the end of each week, use the fine-tune box: one thing to fine-tune, and keep, change or drop for up to two habits.
5. At week 12, look for the habits that show up in your best weeks. Those are your key factors.

Prefer your phone? The free online version is at liveitbook.com/tools/daily-tracker/ and uses the same habit codes.

Major	Habit	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12	Average	Streak	Best
1a Health																
1b																
2a Emotional Intelligence																
2b																
3a Intimate Relationships																
3b																
4a Family																
4b																
5a Professional Life																
5b																
6a Finances																
6b																
7a Spirituality																
7b																
	All habits															

Journal

The four questions from page 173. One or two lines each is enough.

Write a line or two each night. Over time this is where your key lessons show up.

Date	Day	Week	What was great about today?	What did I learn from today?	What could I have done better?	How can I apply it tomorrow?
	Mon	W1				
	Tue	W1				
	Wed	W1				
	Thu	W1				
	Fri	W1				
	Sat	W1				
	Sun	W1				
	Mon	W2				
	Tue	W2				
	Wed	W2				
	Thu	W2				
	Fri	W2				
	Sat	W2				
	Sun	W2				

Date	Day	Week	What was great about today?	What did I learn from today?	What could I have done better?	How can I apply it tomorrow?
	Mon	W3				
	Tue	W3				
	Wed	W3				
	Thu	W3				
	Fri	W3				
	Sat	W3				
	Sun	W3				
	Mon	W4				
	Tue	W4				
	Wed	W4				
	Thu	W4				
	Fri	W4				
	Sat	W4				
	Sun	W4				

Date	Day	Week	What was great about today?	What did I learn from today?	What could I have done better?	How can I apply it tomorrow?
	Mon	W5				
	Tue	W5				
	Wed	W5				
	Thu	W5				
	Fri	W5				
	Sat	W5				
	Sun	W5				
	Mon	W6				
	Tue	W6				
	Wed	W6				
	Thu	W6				
	Fri	W6				
	Sat	W6				
	Sun	W6				

Date	Day	Week	What was great about today?	What did I learn from today?	What could I have done better?	How can I apply it tomorrow?
	Mon	W7				
	Tue	W7				
	Wed	W7				
	Thu	W7				
	Fri	W7				
	Sat	W7				
	Sun	W7				
	Mon	W8				
	Tue	W8				
	Wed	W8				
	Thu	W8				
	Fri	W8				
	Sat	W8				
	Sun	W8				

Date	Day	Week	What was great about today?	What did I learn from today?	What could I have done better?	How can I apply it tomorrow?
	Mon	W9				
	Tue	W9				
	Wed	W9				
	Thu	W9				
	Fri	W9				
	Sat	W9				
	Sun	W9				
	Mon	W10				
	Tue	W10				
	Wed	W10				
	Thu	W10				
	Fri	W10				
	Sat	W10				
	Sun	W10				

Date	Day	Week	What was great about today?	What did I learn from today?	What could I have done better?	How can I apply it tomorrow?
	Mon	W11				
	Tue	W11				
	Wed	W11				
	Thu	W11				
	Fri	W11				
	Sat	W11				
	Sun	W11				
	Mon	W12				
	Tue	W12				
	Wed	W12				
	Thu	W12				
	Fri	W12				
	Sat	W12				
	Sun	W12				

Week 1

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 2

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 3

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 4

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 5

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 6

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 7

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 8

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 9

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 10

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 11

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
2. What did I learn from today?
3. What could I have done better?
4. How can I apply it tomorrow?

Week 12

LIVE IT! Daily Tracker | Tick each habit you did that day.

Write your habits in the Habit column, then tick each day you do them.

Major	Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done	Days	Rate	Streak
Code	Your MUST habit											
1a Health												
1b												
2a Emotional Intelligence												
2b												
3a Intimate Relationships												
3b												
4a Family												
4b												
5a Professional Life												
5b												
6a Finances												
6b												
7a Spirituality												
7b												
	This week											

Fine-tune (end of the week)

Look at your rates, then decide.

One thing to fine-tune			
Habit decision 1			
Habit decision 2			
	Habit code (e.g. 1a)	Keep it, change it or drop it	What changes, and why

Every night, answer the four questions in your Journal (page 173):

1. What was great about today?
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4. How can I apply it tomorrow?