

HABIT INTEGRATION

Weekly Performance Protocol

WEEK OF: GOAL:

DAILY DISCIPLINE

MON

TUE

WED

THU

FRI

SAT

SUN

Deep Work (90 min)

Morning Exercise

Meditation / Focus

Reading (20 pages)

Inbox Zero

Sleep Goal (7+ hrs)

WEEKLY REFLECTION

What were the friction points this week?

NEXT WEEK ADJUSTMENT

How will you optimize for better consistency?