

2 WEEK DAILY DISCIPLINE COMMITMENT TRACKER

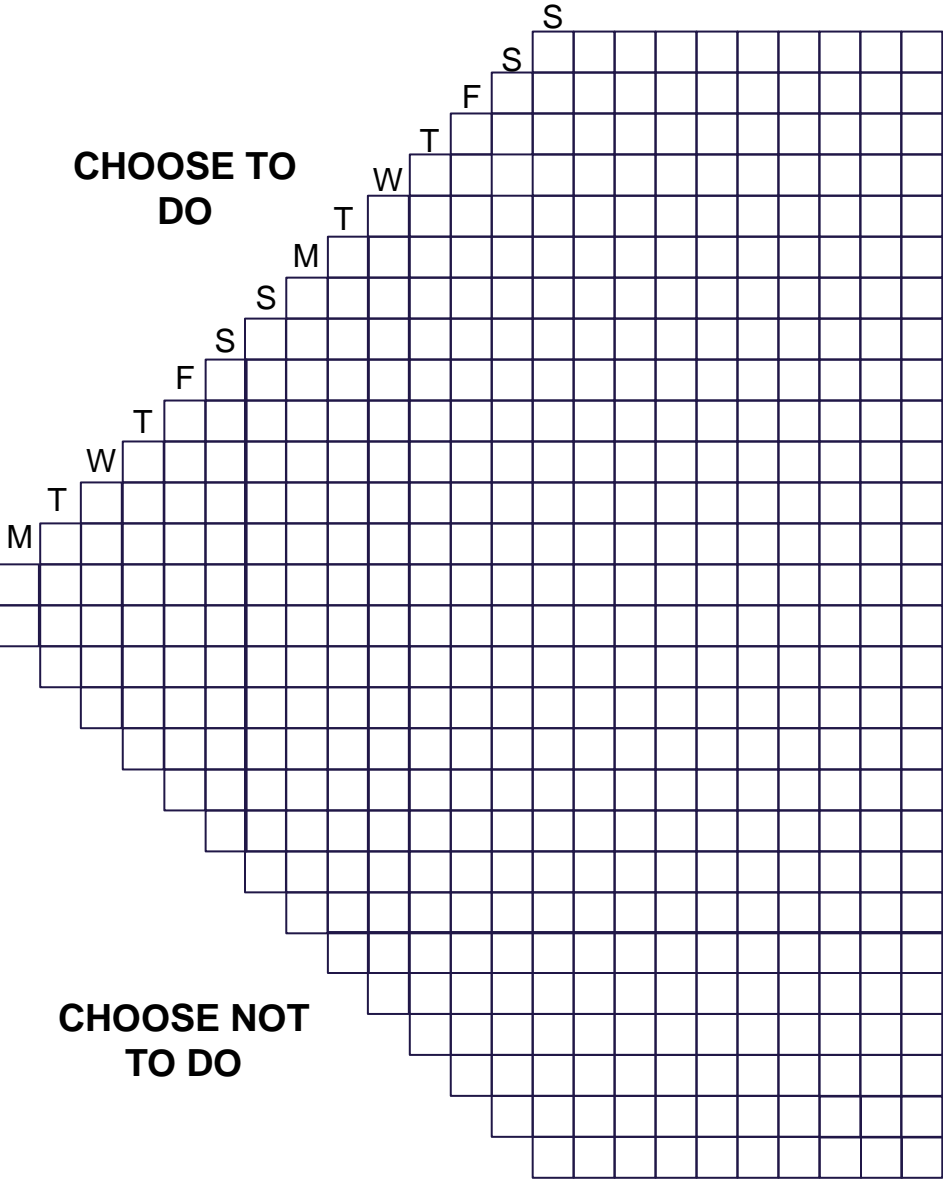
3 Goals You Want to Achieve

Physical, Mental, Emotional, Spiritual, Social,  
Academic, Athletic, Artistry, Self-Development

2-3 Daily Disciplines that support each Goal

“Celebrate the good days and don’t  
give up on the hard days”

CHOOSE TO  
DO



CHOOSE NOT  
TO DO