

30-DAY VITALITY RITUAL TRACKER

Consistency over intensity. Use this blueprint to track your 60-second morning habit. Mark each day you prioritize your metabolic rhythm. Don't break the chain.

TIMELINE	THE DAILY PROTOCOL	STATUS
Week 1	Establish the baseline. Citrus water + 60s focus.	○ ○ ○ ○ ○ ○ ○ ○
Week 2	Reinforce the rhythm. Notice energy shifts.	○ ○ ○ ○ ○ ○ ○ ○
Week 3	Optimization phase. Consistent metabolic drive.	○ ○ ○ ○ ○ ○ ○ ○
Week 4	The Unfiltered Standard. Vitality becomes habit.	○ ○ ○ ○ ○ ○ ○ ○
Days 29-30	Final Momentum.	○ ○

UNFILTERED OBSERVATIONS

Record shifts in your 2 PM focus, morning momentum, or overall systemic rhythm here...
