

UNDATED PLANNER

My 100-Day Practice

Practice small enough to return tomorrow.

DEVICE

iPad 11-inch / Goodnotes

CALENDAR

Undated

WEEK START

Monday

YEAR AT A GLANCE

01 January	02 February	03 March	04 April
05 May	06 June	07 July	08 August
09 September	10 October	11 November	12 December

INCLUDED

12 months - 52 weeks - Goals - Habits - Notes

Layout - habit-board week - intentions month

WEEK INDEX

THIS WEEK

THIS MONTH

PRACTICE

MONTH 1

Practice Month

W	MON	TUE	WED	THU	FRI	SAT	SUN
01	W1						
02	W2						
03	W3						
04	W4						
05	W5						

WEEKS

W1

W2

W3

W4

W5

SKILL / REPETITION FOCUS

REST / FEEDBACK / MILESTONES

WEEK 1

Practice Week

Build a hundred-day practice from small repeatable sessions, honest evidence, and planned recovery.

SKILL FOCUS	MINIMUM SESSION	FEEDBACK QUESTION

MON	PRACTICE / NOTICE / ADJUST	SESSIONS TO PROTECT
1		
TUE	PRACTICE / NOTICE / ADJUST	
2		
WED	PRACTICE / NOTICE / ADJUST	CONSTRAINT TO TEST
3		
THU	PRACTICE / NOTICE / ADJUST	
4		
FRI	PRACTICE / NOTICE / ADJUST	REST / RECOVERY
5		
SAT	PRACTICE / NOTICE / ADJUST	
6		
SUN	PRACTICE / NOTICE / ADJUST	EVIDENCE TO KEEP
7		

PRACTICE

100-Day Practice Brief

Choose one bounded skill, a meaningful reason, and a finish line based on evidence rather than perfection.

SKILL / PRACTICE	WHY NOW
CURRENT BASELINE	DAY 100 EVIDENCE
WHAT IS OUTSIDE SCOPE	SUPPORT / ACCOUNTABILITY

DAYS

100-Day Tracker

Track ten ten-day arcs and use blank days as information, not debt.

ARC	DAYS	MINIMUM	STANDARD	STRETCH	REVIEW