Superhuman July – 30 Day Tracker

Here's a tracker like the one I'll be using to mark off each action every day. I left a few blank rows at the bottom in case you want to add anything or do something different! Pardon my lack of design skills… nothing pretty, but it gets the job done! Just download, print, and post on the fridge (or wherever you put important things)!

Superhuman Actions	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
30+ Min of Yoga																														
30+ Min of Sun/Walking																														
20+ Min of Meditation																														
20+ Min of Qigong																														
20+ Min of Reading/Learning																														
Write 1 Journal Entry																														
100 Pushups																														
100 Bodyweight Squats																														
100 Kettlebell Swings																														