COMPANION KIT

The thirty-day tracker

Tick each box when you have done the day's task. That is the whole record. If you miss a day, do the next one and do not double up. If the exit rule triggers, pause the plan.

Week 1: See your gaps

Day	Task	Done
Day 1	Read the gap audit in Chapter 4. Open a note and write "gap audit" at the top.	☐
Day 2	Each time you reach for a device, note the time, what you reached for and your excuse.	☐
Day 3	Keep going. Circle your three most common excuses.	☐
Day 4	Keep going. Mark two long, free gaps.	☐
Day 5	Try the ten-second pause once: when you feel the reach, wait ten seconds, then decide.	☐
Day 6	Level 1, five minutes. A hands-busy kind with nothing playing.	☐
Day 7	Rest day.	☐

Week 2: Choose and repeat

Day	Task	Done
Day 8	Pick a free time of day. Put "Nothing, 5 min" in your calendar.	☐
Day 9	Do it. Timer on, phone out of reach.	☐
Day 10	Do it again, same time and place.	☐
Day 11	Try a different kind from Chapter 8. Pick a Tested one, or one you simply like.	☐
Day 12	Do it. Afterwards, write one word for how it felt.	☐
Day 13	Do your favourite kind from this week.	☐
Day 14	Rest day. Read your one-word notes and look for a pattern.	☐

Week 3: Add a moment, defend the time

Day	Task	Done
Day 15	Add a second session, five to ten minutes, at another time of day.	☐
Day 16	Do both sessions. Go back to one if it is too much.	☐
Day 17	Take the ten minutes after learning something (Chapter 6).	☐
Day 18	Write down three things you remember from yesterday's moment.	☐
Day 19	Run the candy test on one request that tries to take your slot. Move it, do not cancel it.	☐
Day 20	Do both sessions. Try a new kind in one of them.	☐
Day 21	Rest day. Write three more things you remember from Day 17. Is the list longer or shorter?	☐

Week 4: Review and decide

Day	Task	Done
Day 22	Do your sessions. Fill in the first two columns of the attention ledger (Chapter 7).	☐
Day 23	Do your sessions. Notice the hardest moment of the day.	☐
Day 24	Do your sessions. Try a different place: a bench, the porch, another room.	☐
Day 25	Do your sessions. Run the weekly variance review. What took the missed slots?	☐
Day 26	Do your sessions. Try something new, such as a short walk with no destination.	☐
Day 27	Do your sessions. Tell one person what you are trying.	☐
Day 28	Rest day. Read all your one-word notes together.	☐
Day 29	Decide what stays. Drop what felt like a chore. Write the survivors on a card.	☐
Day 30	Write yourself a short note: what worked, what did not, what comes next.	☐

One-word notes for the review days: _____ _____ _____ _____