Habit tracker

The Complete Claude AI Course · Chapter 32 · print one per 30-day plan

MY 30-DAY HABIT TRACKER

Name _____ **Start date** _____

FOLLOW WEEK 1	1 __/__ Workspace Min ___ ☐ Next: _____	2 __/__ Three chats Min ___ ☐ Next: _____	3 __/__ Document and image Min ___ ☐ Next: _____	4 __/__ First artifact Min ___ ☐ Next: _____	5 __/__ First Project Min ___ ☐ Next: _____	6 __/__ Memory and context Min ___ ☐ Next: _____	7 __/__ Checkpoint Min ___ ☐ Next: _____
MODIFY WEEK 2	8 __/__ Five SCOPE prompts Min ___ ☐ Next: _____	9 __/__ Tags and format Min ___ ☐ Next: _____	10 __/__ Chain and check Min ___ ☐ Next: _____	11 __/__ Five-turn refine Min ___ ☐ Next: _____	12 __/__ Fix-it clinic Min ___ ☐ Next: _____	13 __/__ Ten templates Min ___ ☐ Next: _____	14 __/__ Checkpoint Min ___ ☐ Next: _____
CREATE WEEK 3	15 __/__ Research brief Min ___ ☐ Next: _____	16 __/__ Deep research Min ___ ☐ Next: _____	17 __/__ Your voice Min ___ ☐ Next: _____	18 __/__ Writing pack Min ___ ☐ Next: _____	19 __/__ Data and charts Min ___ ☐ Next: _____	20 __/__ Interactive tool Min ___ ☐ Next: _____	21 __/__ Deck and checkpoint Min ___ ☐ Next: _____
BUILD WEEK 4	22 __/__ Skill Min ___ ☐ Next: _____	23 __/__ Connect and schedule Min ___ ☐ Next: _____	24 __/__ Agent task Min ___ ☐ Next: _____	25 __/__ Workflow Canvas Min ___ ☐ Next: _____	26 __/__ One project Min ___ ☐ Next: _____	27 __/__ Policy or API Min ___ ☐ Next: _____	28 __/__ Rubric, OS, checkpoint Min ___ ☐ Next: _____
MASTER DAYS 29–30	29 __/__ Capstone Min ___ ☐ Next: _____	30 __/__ Portfolio and 90-day plan Min ___ ☐ Next: _____	**COMPLETED ON** _____ When every line of the completion record is true: thirty missions, four scorecards, a capstone that passes, a portfolio page, your OS and policy, a dated 90-day plan.				

SCORECARDS · Week 1 lowest ___ · Week 2 lowest ___ · Week 3 lowest ___ · Week 4 lowest ___ · Capstone ___ /20

Never miss twice: short on time? Do the first step and the Done when line

Shaded: checkpoint and capstone days · write the date at the top right of each day; tick the small box when it's done

Show up **Log it** **Start from 'Next'**