@THEGOATONMONEY

THE 30-DAY GOAT TRACKER

Sheep follow. The GOAT builds.

THE RULES

01 NEVER MISS TWICE
Miss a day? Fine. Miss two and you're a sheep again.

02 NO ZERO DAYS
One box still counts. Zero never does.

03 TELL NO ONE
Let the results do the talking.

THE CLIMB

DAY 1–7
SHEEP
You started. Most never do.

DAY 8–14
BLACK SHEEP
You left the herd.

DAY 15–21
CLIMBER
The habit is building.

DAY 22–29
BEAST
Now it's who you are.

DAY 30
GOAT
Day 30. Summit.

I, _____ start on _____ and I don't stop until Day 30. Signed _____

Print it, sign it, put it where you can't ignore it.

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THE GRID

TICK A BOX EVERY DAY.
NEVER MISS TWICE.

	SHEEP							BLACK SHEEP							CLIMBER							BEAST								GOAT
	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
UP BEFORE 6																														
1 HOUR ON YOUR BUSINESS																														
WORKOUT																														
NO PHONE FIRST HOUR																														
READ 10 PAGES																														
1 SALES MESSAGE																														
PLAN TOMORROW																														
IN BED BY 11																														
SCORE /8																														