

# 30-Day Challenge Tracker

Module 3.11 - Daily Log + Weekly Reflection

## Weekly Themes

Week	Focus
Week 1: Preparation	Review tools, refine story, identify targets, build phrase bank
Week 2: Practice	First conversations, digital posts, alliance asks
Week 3: Push	More conversations, handle objections, adjust from feedback
Week 4: Reflect & Plan	Analyze what worked, revise approach, set post-challenge goals

## Daily Action Categories

Category	Examples	Time
Study	Re-read module, review phrase bank, analyze a story	5-10 min
Create	Draft a post, revise story, write ALARA script	10-20 min
Connect	Have a conversation, make an alliance ask	15-30 min
Observe	Spot pre-suasion, notice fallacies in media	5-10 min
Community	Post in Academy community, give feedback	5-10 min

## Week 1 Log

Day	Category	What I Did	What I Learned	Heat (1-10)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

## Week 2 Log

Day	Category	What I Did	What I Learned	Heat (1-10)
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Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

**Challenge Rules**

1. No perfect streaks required. 2. Small counts. 3. Community over competition. 4. Ethical standards apply. 5. Log everything.