

THE STRATEGIC

HABIT **TRACKER**

THAT DOUBLES PRODUCTIVITY

IN LESS THAN 30 DAYS



THE STRATEGIC HABIT TRACKER

DOUBLE YOUR PRODUCTIVITY IN LESS THAN 30 DAYS

Brought To You By:
Wade Alters Consulting



PUBLISHED BY:

Wade Alters Consulting
2 E Oak St
Suite #1307
Chicago, IL 60611

©Copyright 2017
Wade Alters Consulting LLC
All Rights Reserved.
May be shared with copyright
and credit left intact.

WadeAlters.com

The 3i Time Success Blueprint

Learn how to create a proper work-life balance that allows you to get more done in less time and achieve more at work or building your business...

Learn more



ABOUT

The Syndicate is a community of guys who aren't willing to settle for the status quo, who want to create something bigger than themselves - a movement of men that strives to help guys all around the world to become more confident, to take their business to the next level, to build a successful social circle, and architect their version of "The Good Life".

[CLICK HERE TO JOIN!](#)

CONTENT

Introduction	6
1 Functionality	8
2 Ramping Up Habits	10

INTRODUCTION

INTRODUCTION

Harvard Researchers have determined it takes 66 days to form new habits, but with the help of the Habit tracker, you'll have a PROVEN path to building new habits and increasing your productivity in less than 30!

As soon as you open up the habit tracker, you are going to want to remove all of my habits and enter your own...

Habit
Lemon Water
4 Scrambled Eggs
Bulletproof Coffee

You don't want to overwhelm yourself... To start off decide on **3 habits** you want to develop and let's work on those.

Now that we know what you want to work on let's get the dates changed to tomorrow onwards and you can start tracking your progress.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct



CHAPTER ONE: Functionality

FUNCTIONALITY

There are 2 possible values to be entered for each box each day.

1. Enter **x** for when you successfully complete one of the tasks on the list, this will change it's color to green
2. Enter **-** if you did not complete that task for the day and this will change it's color to red

Leave the box **blank** and it will stay white... I personally reserve this for my weekends where I leave my days open and don't have any mandatory tasks, but you want to tailor this for whatever is best for your lifestyle.

At the end of each day you'll get an Average Productivity Value (APV) that will give you an overview of how the day went...

This will be more helpful later on when you have accumulated a lot of habits and keeping a accurate overview of how productive the day was is more difficult.



CHAPTER 2: Ramping Up Habits

RAMPING UP HABITS

After each week of full green you can add on another action item. At some point you'll blow up the system and get a few reds here and there, but don't beat yourself up about it... That's why we have the system!

It's important to end each week with a review of what you were able to accomplish, where you fell short, and why it happened.

Maybe you didn't have your smoothie on Thursday, because you forgot to go to the supermarket... No big deal, make a note and fix it for the next week.

With each week you'll solidify your habits and gain more momentum.

Remember, this tool is meant to be fluid and fit into whatever lifestyle you want to create... If at any point you feel overwhelmed or something changes and no longer fits into your lifestyle, make the proper adjustments to the tracker and go through the process we have discussed here.

W