

THE PROOF TRACKER

**CONFIDENCE IS NOT A MOOD.
IT IS WHAT YOUR RECEIPTS SAY.**

*Every day for 30 days, write ONE specific thing you did that proves you trained.
Not how you felt. What you actually did.*

NO PROMISES. NO MOODS. ONLY RECEIPTS.

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|---|---|---|---|---|
| 01 DATE _____ TODAY'S PROOF | 02 DATE _____ TODAY'S PROOF | 03 DATE _____ TODAY'S PROOF | 04 DATE _____ TODAY'S PROOF | 05 DATE _____ TODAY'S PROOF |
| 06 DATE _____ TODAY'S PROOF | 07 DATE _____ TODAY'S PROOF | 08 DATE _____ TODAY'S PROOF | 09 DATE _____ TODAY'S PROOF | 10 DATE _____ TODAY'S PROOF |
| 11 DATE _____ TODAY'S PROOF | 12 DATE _____ TODAY'S PROOF | 13 DATE _____ TODAY'S PROOF | 14 DATE _____ TODAY'S PROOF | 15 DATE _____ TODAY'S PROOF |
| 16 DATE _____ TODAY'S PROOF | 17 DATE _____ TODAY'S PROOF | 18 DATE _____ TODAY'S PROOF | 19 DATE _____ TODAY'S PROOF | 20 DATE _____ TODAY'S PROOF |
| 21 DATE _____ TODAY'S PROOF | 22 DATE _____ TODAY'S PROOF | 23 DATE _____ TODAY'S PROOF | 24 DATE _____ TODAY'S PROOF | 25 DATE _____ TODAY'S PROOF |
| 26 DATE _____ TODAY'S PROOF | 27 DATE _____ TODAY'S PROOF | 28 DATE _____ TODAY'S PROOF | 29 DATE _____ TODAY'S PROOF | 30 DATE _____ TODAY'S PROOF |