TRACKER

30 Day Reset Challenge

One small task a day. Tick the box. A missed day is a gap, not a failure: do the next day, do not double up.

Start date: _____ Day 7, 14 and 21 are review days (page 2).

1 ○ Write one line on why you are doing this	2 ○ Clear the bathroom counter	3 ○ Clean nail clippers and scissors (brush + alcohol)	4 ○ Count razor shaves. Replace after 5 to 7	5 ○ Moisturizer by the sink; use after washing hands
6 ○ Write down each hair removal method you use and the next date for each	7 ○ Review. Count your ticks and write one note	8 ○ Clean the epilator head per your manual	9 ○ Trim nails right after a shower	10 ○ File nails in one direction
11 ○ Find your dish gloves	12 ○ Write a restock list	13 ○ Pick a nail day and a hair removal day and put both in your calendar	14 ○ Review	15 ○ Write a three-step morning routine on an index card
16 ○ Write a three-step evening routine on a card	17 ○ Lay out tomorrow's essentials tonight	18 ○ Attach the evening routine to something you already do every night	19 ○ Do only the minimum version of your routine, on purpose. One step counts	20 ○ Take one step you keep skipping off the card
21 ○ Review	22 ○ Plan the next four weeks of hair removal dates	23 ○ Set a monthly "clean tools" reminder	24 ○ Put your routine card where you will see it	25 ○ Do a five-minute counter reset
26 ○ Choose one routine to keep exactly as it is	27 ○ Choose one routine to simplify	28 ○ Choose one routine to drop	29 ○ Write what was hardest, and what you would change	30 ○ Final review. Fill in keep, drop, change on the last page

REVIEW

Weekly reviews

Five minutes each. Facts first: what did you tick, what got in the way.

Week 1 review (set up)

Ticks this week: ____

What helped:

What got in the way:

One change for next week:

Week 2 review (basics)

Ticks this week: ____

What helped:

What got in the way:

One change for next week:

Week 3 review (routine)

Ticks this week: ____

What helped:

What got in the way:

One change for next week:

Week 4 review (lock in)

Ticks this week: ____

What helped:

What got in the way:

One change for next week:

Day 31: keep, drop, change

Keep	Drop	Change (and how)

Next month's first small task: _____

NOTE:
This is a routine and housekeeping challenge, not medical advice. If a tool or hair removal method is causing a skin or nail problem, ask a clinician.