

14-Day Reset Tracker

One row per day. Fill it in each evening.

Fill in this tracker at the end of each day. It does not need to be perfect. It just needs to be honest.

Start date: _____

End date: _____

Day	Focus	Done?	Notes
Day 1	Awareness: observe only	[] Yes [] Partially [] No	
Day 2	No screens at mealtimes	[] Yes [] Partially [] No	
Day 3	No screens before bed	[] Yes [] Partially [] No	
Day 4	Remove triggers	[] Yes [] Partially [] No	

Day 5	Set written rules	[] Yes [] Partially [] No	
Day 6	Add daily rhythm	[] Yes [] Partially [] No	
Day 7	Week 1 review	[] Yes [] Partially [] No	
Day 8	Replace the habit	[] Yes [] Partially [] No	
Day 9	Structured attention	[] Yes [] Partially [] No	
Day 10	Allow boredom	[] Yes [] Partially [] No	
Day 11	Strengthen boundaries	[] Yes [] Partially [] No	
Day 12	Handle resistance	[] Yes [] Partially [] No	
Day 13	Consolidate	[] Yes [] Partially [] No	
Day	Lock it in	[] Yes []	

14		Partially ☐ No	
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14-Day Summary

Days fully completed: ____ / 14

Biggest improvement: _____

Still working on: _____

One rule that will stay forever: _____