

**GLOWBACK
DAILY
DISCIPLINE
TRACKER**



30-Day Accountability & Alignment System

Because your comeback deserves structure.

HOW TO USE THIS TRACKER

Use one page per day for 30 days.

This tracker is not about perfection — it's about follow-through.

- ✓ **Fill it out daily**
- ✓ **Be honest, not harsh**
- ✓ **Miss a day? Turn the page and continue**
- ✓ **Discipline builds identity — not shame**

DAILY TRACKER PAGE (REPEAT FOR DAYS 1–30)

DAY _____ | DATE _____

SLEEP & RECOVERY

- Hours slept: _____
- Sleep quality (circle): 1 2 3 4 5 6 7 8 9 10
- Bedtime last night: _____
- Wake time today: _____

HYDRATION

- Water goal: 4 Liters
- 1L 2L 3L 4L
- Electrolytes/minerals added? Yes No

MOVEMENT & TRAINING

- Workout completed today? Yes No
- Type of workout: _____
- GlowBack Walk completed? Yes No
- Steps or minutes walked: _____

NUTRITION CHECK-IN

- **Protein target:** _____ g
- **Protein consumed:** _____ g

Meals:

- Breakfast**
- Lunch**
- Dinner**
- Snack(s)**

- **Ate mostly whole foods today?** **Yes** **No**
- **Sugar cravings:** **None** **Mild** **Strong**
- **Hunger level today:** **Low** **Balanced** **High**

DIGESTION & BODY FEEDBACK

- **Bloating:** **None** **Mild** **Moderate** **Severe**
- **Bowel movement today?** **Yes** **No**
- **Energy level:** 1 2 3 4 5 6 7 8 9 10
- **Body soreness:** **None** **Mild** **Moderate** **High**

HORMONES & MOOD

- **Mood today (circle):**
- **Calm | Anxious | Motivated | Low | Emotional | Empowered**
- **Stress level:** 1 2 3 4 5 6 7 8 9 10
- **Nervous system today felt:**
- **Regulated** **Somewhat tense** **Overstimulated**



MINDSET & IDENTITY

Today I showed up as the woman who:

One thing I'm proud of today:

One thing I release tonight:

COMMITMENT

Tomorrow, I commit to:

Signature (optional): _____

END-OF-WEEK REFLECTION (USE EVERY 7 DAYS)

WEEK ____ CHECK-IN

- **Wins this week:**
- **What felt hardest:**
- **What worked well:**
- **What needs adjusting (food, sleep, stress, time):**
- **One promise I'm keeping next week:**

t

THE 24-HOUR GLOWBACK RESET PAGE

(Use anytime you fall off — no guilt, no spiraling)

RESET RULE

You never quit GlowBack.

You reset within 24 hours.

STEP 1 — PAUSE

I forgive myself for: _____

This does NOT define me. Check

STEP 2 — HYDRATE

Drink 1L water immediately

Add electrolytes or minerals

STEP 3 — MOVE

20–60 minute walk

Gentle mobility or stretching

STEP 4 — NOURISH

Protein-first meal

Whole foods only

No sugar today

STEP 5 — RETURN

One action I take right now:

GlowBack Mantra:

“Discipline is how I tell my future I’m coming.”

You don't need motivation.

You need structure.

This tracker is proof that:

You follow through

You keep promises to yourself

You are becoming her — daily

