14-day reading tracker

14-day reading tracker turns a broad intention into a sequence of actions you can record on paper. The 14 steps begin with observation, move into a small practical experiment, test an everyday constraint and finish with a review. Use the notes to choose your next action from evidence rather than a perfect streak. This two-week program builds a sequence, then tests it under different everyday constraints.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯	Day 8 ◯	Day 9 ◯	Day 10 ◯
Day 11 ◯	Day 12 ◯	Day 13 ◯	Day 14 ◯	

Mark completed days; after a missed day, continue with the current task.



Template page

Daily tasks and notes

▫ Day 1

Divide the chosen chapter into manageable sections. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to divide the chosen chapter into manageable sections, and which condition helped?

▫ Day 2

Place the book beside a familiar resting spot. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to place the book beside a familiar resting spot, and which condition helped?

▫ Day 3

Reserve a specific reading window in your calendar. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to reserve a specific reading window in your calendar, and which condition helped?

▫ Day 4

Read a first passage and name its central idea. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to read a first passage and name its central idea, and which condition helped?

▫ Day 5

Select an example that changes your understanding. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to select an example that changes your understanding, and which condition helped?

▫ Day 6

Write a question instead of highlighting every sentence. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to write a question instead of highlighting every sentence, and which condition helped?

Daily tasks and notes

▫ Day 7

Return to a note and answer with the book closed. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to return to a note and answer with the book closed, and which condition helped?

▫ Day 8

Compare the author’s claim with your work experience. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to compare the author’s claim with your work experience, and which condition helped?

▫ Day 9

Check an unfamiliar term in a glossary or index. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to check an unfamiliar term in a glossary or index, and which condition helped?

▫ Day 10

Discuss one conclusion with an interested reader. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to discuss one conclusion with an interested reader, and which condition helped?

▫ Day 11

Reread a difficult passage with a specific question. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to reread a difficult passage with a specific question, and which condition helped?

▫ Day 12

Choose a passage you could put into practice. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose a passage you could put into practice, and which condition helped?

Daily tasks and notes

▫ Day 13

Draw a brief map of the chapter’s argument. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to draw a brief map of the chapter’s argument, and which condition helped?

▫ Day 14

Write what to read next and what can wait. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to write what to read next and what can wait, and which condition helped?

Reflection and next step

How to use

1. Choose one personal goal for reading before you print. Describe an action you want to notice in everyday life, rather than an ambitious outcome you cannot check directly.
2. Keep the overview and task pages together somewhere you will see them. Read the next task in advance and reserve a realistic time slot, including a smaller backup slot for a busy day.
3. Mark the day after you try its action. Answer the note question in one concrete sentence: what you did, what happened, or which obstacle deserves another experiment.
4. After a missed day, keep your completed marks. Resume at the next unfinished task and change one practical condition that got in your way, such as timing, materials or the size of the action.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

If you want more structured practice after reading, explore the available Sprintcourse mini-courses and choose a relevant direction. There is no dedicated course for this particular program yet. You can complete the tracker on its own without an account or subscription.

https://sprintcourse.com/en/templates/challenge-trackers/14-day-reading/