7-day reading tracker

7-day reading tracker turns a broad intention into a sequence of actions you can record on paper. The 7 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 one-week program is an observation sprint: find a workable first action.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯			

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



Template page

Daily tasks and notes

▫ Day 1

Choose a book and a reason to read it. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to choose a book and a reason to read it, and which condition helped?

▫ Day 2

Find a comfortable place for a short reading session. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to find a comfortable place for a short reading session, and which condition helped?

▫ Day 3

Observe how much you read in five minutes. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to observe how much you read in five minutes, and which condition helped?

▫ Day 4

Connect an unfamiliar idea to your own example. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to connect an unfamiliar idea to your own example, and which condition helped?

▫ Day 5

Write a question about a short passage. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to write a question about a short passage, and which condition helped?

▫ Day 6

Recall one idea with the book closed. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to recall one idea with the book closed, and which condition helped?

Daily tasks and notes

▫ Day 7

Choose a time and place for the next chapter. Make a short record of the specific observation so your next experiment has a useful point of comparison.

What happened when you tried to choose a time and place for the next chapter, 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/7-day-reading/