

12-WEEK HABIT STREAK TRACKER

Cash Flow Mastery System

Name: _____

Start date: _____

Target completion: _____

"We are what we repeatedly do. Excellence is not an act, but a habit."

THE COMMITMENT

I commit to completing my Monday morning 15-minute cash flow review for 12 consecutive weeks, starting Monday, _____.

If I miss a Monday, I will complete it on Tuesday without exception.

I understand that missing one week doesn't mean failure - it means I do it the next day and continue.

Signed: _____ Date: _____

WEEKLY TRACKING

WEEK 1 Date: _____

☐ Review completed Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

WEEK 2 Date: _____

☐ Review completed Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

WEEK 3 Date: _____

☐ Review completed Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

12-WEEK HABIT STREAK TRACKER

Cash Flow Mastery System

WEEK 4 - ONE MONTH MILESTONE! Date: _____

☐ Review completed Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

☐ Celebrate milestone: _____

Notes: _____

WEEK 5 Date: _____

☐ Review completed Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

WEEK 6 Date: _____

☐ Review completed Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

WEEK 7 Date: _____

☐ Review completed Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

WEEK 8 - TWO MONTH MILESTONE! Date: _____

☐ Review completed Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

☐ Celebrate milestone: _____

Notes: _____

12-WEEK HABIT STREAK TRACKER

Cash Flow Mastery System

WEEK 9

Date: _____

☐ Review completed

Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

WEEK 10

Date: _____

☐ Review completed

Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

WEEK 11

Date: _____

☐ Review completed

Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

Notes: _____

WEEK 12 - COMPLETION! 🎉

Date: _____

☐ Review completed

Time taken: _____ minutes

☐ Forecast updated

☐ Action identified: _____

☐ Celebrate significant milestone: _____

Notes: _____

VISUAL STREAK TRACKER

Mark each completed week with an X. Don't break the chain!

1	2	3	4	5	6	7	8	9	10	11	12

Current consecutive streak: _____ weeks

Longest streak achieved: _____ weeks

12-WEEK HABIT STREAK TRACKER

Cash Flow Mastery System

MISSED WEEK RECOVERY LOG

If you miss Monday, don't abandon the system. Complete it on Tuesday and continue.

Week missed: _____ Reason: _____

Recovery: Completed on Tuesday ☐ Wednesday ☐ Thursday ☐

Lesson learned: _____

System adjustment: _____

Week missed: _____ Reason: _____

Recovery: Completed on Tuesday ☐ Wednesday ☐ Thursday ☐

Lesson learned: _____

System adjustment: _____

PROGRESS MEASUREMENT

WEEK 1 BASELINE:

Cash reserves: _____ weeks

Average collection time: _____ days

Forecast accuracy: _____%

Stress level (1-10): _____

WEEK 4 CHECK-IN:

Cash reserves: _____ weeks (change: _____)

Average collection time: _____ days (change: _____)

Forecast accuracy: _____% (change: _____)

Stress level (1-10): _____ (change: _____)

WEEK 8 CHECK-IN:

Cash reserves: _____ weeks (change: _____)

Average collection time: _____ days (change: _____)

Forecast accuracy: _____% (change: _____)

Stress level (1-10): _____ (change: _____)

12-WEEK HABIT STREAK TRACKER

Cash Flow Mastery System

WEEK 12 FINAL:

Cash reserves: _____ weeks (change: _____)

Average collection time: _____ days (change: _____)

Forecast accuracy: _____% (change: _____)

Stress level (1-10): _____ (change: _____)

TOTAL IMPROVEMENT:

Cash reserves improved by: _____ weeks

Collection time reduced by: _____ days

Financial benefit: \$_____ (days saved × daily revenue)

Stress reduction: _____ points

ACCOUNTABILITY PARTNER

Partner name: _____

Contact: _____

They will check in: ☐ Weekly ☐ Bi-weekly ☐ Monthly

Check-in method: ☐ Text ☐ Call ☐ Email ☐ In person

Partner check-in log:

Week: _____ Checked in: ☐ Yes Notes: _____

Week: _____ Checked in: ☐ Yes Notes: _____

Week: _____ Checked in: ☐ Yes Notes: _____

REWARD MILESTONES

Plan specific rewards to celebrate progress:

Week 4 reward: _____

Week 8 reward: _____

Week 12 reward: _____

WHAT HAPPENS AFTER WEEK 12?

☐ Continue Monday morning reviews indefinitely (habit formed!)

☐ Implement advanced strategies from the main book

☐ Share a success story to inspire others

☐ Start new 12-week goal: _____

12-WEEK HABIT STREAK TRACKER

Cash Flow Mastery System

REFLECTION

After 12 weeks, answer these questions:

What surprised me most about this process?

What was harder than expected?

What was easier than expected?

How has my relationship with business finances changed?

What will I never stop doing?

What advice would I give someone starting this journey?

"The businesses that master cash flow don't have better strategies. They have better habits. Your habits start Monday."