

# The KPIs of Life - Daily Tracker

Track your progress across The KPIs of Life

Date: mm/dd/yyyy

## KPI 1: Physical Health

Water Intake (oz) *(Target: 64oz)*

Exercise Today  Yes

Exercise Duration (minutes)

Sleep (hours) *(Target: 8hrs)*

	Protein (g)	Carbs (g)	Fats (g)	Calories
Macronutrients & Calories	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Overall Physical Feeling (1-10)  1  2  3  4  5  6  7  8  9  10

Notes

## KPI 2: Financial Health

Stuck to Budget Today

Yes  No

Saved Money Today

Yes  No

Amount Saved (\$)

Made an Investment

Yes  No

Learned a Financial Skill

Yes  No

Financial Confidence (1-10)

1  2  3  4  5  6  7  8  9  10

Notes

## KPI 3: Mental & Emotional Health

What are you grateful for today?

Did you spend time meditating, in prayer, or inspired today?

Yes  No

Time with Source (minutes)

Did you journal?

Yes  No

Stress Level (1-10, 1=low stress)

1  2  3  4  5  6  7  8  9  10

Mood (1-10, 10=great)

1  2  3  4  5  6  7  8  9  10

Notes

### ♥ KPI 4: Relationship Health

Quality Time with Loved Ones  Yes  No

Checked In on Someone  Yes  No

Act of Kindness  Yes  No

Listening Quality (1-10) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Connection Quality (1-10) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Notes

### ★ KPI 5: Esteem Health

Progressed Toward a Goal  Yes  No

Took Purposeful Action  Yes  No

Daily Affirmation (Today I am...)

Confidence Level (1-10) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Sense of Pride (1-10) (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

Notes

### Daily Reflection

**Biggest win today:** \_\_\_\_\_

**Biggest challenge:** \_\_\_\_\_

**Tomorrow I will focus on:** \_\_\_\_\_

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*"Success is about controlling what is within our control in life and living in such a way that enables you to have consistent peak experiences and grow in life."  
— The KPIs of Life by Will Everett*