30 DAY

MOMENTUM PLANNER

TRACK YOUR GOALS,
HABITS & CASH FLOW

BY ACTIVE HUSTLES & MERO DIGITALS

✅ DAILY PAGES

Date: _____

PICK THE THREE TASKS OR OUTCOMES THAT MATTER MOST FOR TODAY. ACHIEVING THESE DAILY PRIORITIES BUILDS MOMENTUM TOWARD YOUR WEEKLY AND MONTHLY GOALS.

Top 3 Goals Today:

1. _____
2. _____
3. _____

Daily Schedule / To-Do:

- Morning: _____
- Afternoon: _____
- Evening: _____

HABIT TRACKER (CHECK OFF):

- ☐ FOCUSED WORK SESSION
- ☐ EXERCISE / HEALTH
- ☐ LEARNING (READ/PODCAST/VIDEO)
- ☐ NETWORKING / OUTREACH
- ☐ CASH FLOW ACTION

DAILY REFLECTION (EVENING):
WHAT WENT WELL TODAY?

_____

WHAT CAN I IMPROVE TOMORROW?

_____

WEEKLY OUTCOME

YOUR WEEKLY RESULTS AT A GLANCE — WINS, CHALLENGES, AND CASH FLOW. ADJUST, IMPROVE, AND KEEP MOVING FORWARD.

Cash Flow Tracker :

- Income: $ _____
- Expenses: $ _____
- Net: $ _____

Weekly Reflection:

- Wins: _____

_____

- Challenges: _____

_____

- Adjustments: _____

_____