

BONUS 1

The 5-Minute Weekly Check-In Card

COMPANION TOOL

A companion to *How to Upskill Quickly in 30 Days*. Print one copy per week of your 30-day cycle.

WEEK NUMBER

DATES

THIS WEEK'S MICRO-GOAL (FROM YOUR 30-DAY BLUEPRINT)

DAILY INVESTMENT TRACKER

MON	TUE	WED	THU	FRI	SAT	SUN
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Mark each day you invest at least 20 minutes toward this week's goal

FRIDAY REVIEW, FIVE MINUTES

1. What did I actually apply this week, not just read or watch?

2. What got in the way?

3. One adjustment for next week:

Progress you can't see is progress you'll abandon. This card exists so five minutes a week keeps the whole plan alive.