

Peak Reset™ — Daily Tracker Tool

Use this tracker to log your three Peak Resets each day. After each reset, take 60 seconds to reflect and note your level of clarity, energy, and your next top priority. Track for 5 days to build the habit and spot patterns.

| Date | Reset #1 (Morning) | Clarity (1-5) | Reset #2 (Midday) | Energy (1-5) | Reset #3 (Afternoon) |
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Weekly Reflection:

What did you notice about your focus patterns this week?

What time of day did you need resets the most?