THE TASK PROGRESS TRACKER

Project-Level To-Do List Tracking

The hard stuff takes a lot of effort to get done. Sometimes all it takes is **15 minutes** to get rolling! Use this form to visualize the work you're putting into your projects to help maintain momentum!

PROJECT _____ **BEGINNING** MONTH and DAY _____ YEAR **2010**

use action - object - context syntax; indent for subtasks or task extensions	record in 15-minute increments	optionally bump level of challenge	extend task
	15 ▸ 15 ▸ 15 ▸ 15	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!
	▸ ▸ ▸	CHALLENGE	DONE!

ADDITIONAL SHEETS? ☐

MAINTAIN CONTINUITY NOTES HERE — REFER TO OTHER SHEETS AS NECESSARY

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