

TOOL 02

30-Day Practice Tracker

Build consistency, observe progress and turn repetition into measurable improvement.

Small daily practice creates visible control over time. Track what you practiced, what improved and what still needs attention.

NAME

START DATE

Primary Focus for This 30-Day Cycle

☐ Brows☐ Lips☐ Eyeliner☐ Machine control☐ Mapping☐ Stretching / hand stability☐ Photography / documentation☐ Other

My main objective for the next 30 days

The one habit I will protect every week

HOW TO USE THE TRACKER

Keep entries short and honest. The goal is not to write more; the goal is to make the pattern visible.

TOOL 02

Days 1–10

DAY / DATE	PRACTICE TIME	FOCUS	WHAT WENT WELL	NEEDS MORE CONTROL	SCORE 1–5
01 ____/ ____					
02 ____/ ____					
03 ____/ ____					
04 ____/ ____					
05 ____/ ____					
06 ____/ ____					
07 ____/ ____					
08 ____/ ____					
09 ____/ ____					
10 ____/ ____					

TOOL 02

Days 11–20

DAY / DATE	PRACTICE TIME	FOCUS	WHAT WENT WELL	NEEDS MORE CONTROL	SCORE 1–5
11 ____/ ____					
12 ____/ ____					
13 ____/ ____					
14 ____/ ____					
15 ____/ ____					
16 ____/ ____					
17 ____/ ____					
18 ____/ ____					
19 ____/ ____					
20 ____/ ____					

TOOL 02

Days 21–30

DAY / DATE	PRACTICE TIME	FOCUS	WHAT WENT WELL	NEEDS MORE CONTROL	SCORE 1–5
21 ____/ ____					
22 ____/ ____					
23 ____/ ____					
24 ____/ ____					
25 ____/ ____					
26 ____/ ____					
27 ____/ ____					
28 ____/ ____					
29 ____/ ____					
30 ____/ ____					

TOOL 02 · REVIEW

30-Day Review

Look for patterns before choosing the next goal.

STRONGEST IMPROVEMENT	MOST COMMON WEAKNESS
BEST PRACTICE METHOD FOR ME	WHAT I SHOULD STOP DOING

Weekly Reflection

WEEK 1	What became more controlled?	What still feels inconsistent?	Next week's focus:
WEEK 2	What became more controlled?	What still feels inconsistent?	Next week's focus:
WEEK 3	What became more controlled?	What still feels inconsistent?	Next week's focus:
WEEK 4	What became more controlled?	What still feels inconsistent?	Next week's focus:

My next 30-day focus

LYDIA'S PRO TIP

Consistency matters more than intensity. A short focused session repeated often is more valuable than occasional long sessions without structure.