



YOUR

100 DAY
PROJECT
TRACKER



RICH ARMSTRONG



The Perfect 100 Day Project

Hello! My name is Rich Armstrong. I'm the founder of TapTapKaboom, and author of *The Perfect 100 Day Project*. It's a book where I help you choose, make, and finish the perfect 100 Day Project *for you*. In it I answer tons of questions, *and* ask you tons of questions.

Maybe you may own this book. Maybe you're part of the my100dp.com community. Maybe you're a TapTapKaboom patron. Or you may have taken my popular online class called *The Perfect 100 Day Project*, or one of my other classes. However you got to be here, reading this page, welcome!

On the next page, your 100 Day Project tracker awaits!

Below are some links to check out!

Get The Perfect 100 Day Project book

www.ttkb.me/100dpbook

Visit the My 100 Day Project website

www.ttkb.me/my100dp

Take The Perfect 100 Day Project online class

www.ttkb.me/100dpclass

Visit the TapTapKaboom website and check out all the classes, tools, and apps to help you be more creative and productive.

www.taptapkaboom.com

I AM
PUUUUMPED
THAT YOU'RE
HERE!

Your 100 Day Project Tracker

You can track your 100 Day Project here *and* get things to consider and think about every few days *and* write short journal entries—thoughts, ideas, feelings, questions, answers.

If you want to fill in the dates you can. If you want to note where you missed or skipped days you can. And if you want to write more, make a note of it *and* resume writing at the end of this tracker—there are a bunch of blank pages.

If you only want to mark days off go for it. If you only want to answer the journal prompts, go for it. If you feel like answering questions from other days, go for it. This is 100% your project—do what you like.

Here's an example of how you may want to use it:

DAY	DATE	NOTES
✓	22 JAN	FELT SO GOOD. PUMPED ABOUT 99 MORE DAYS.
✓	23 JAN	
X	24 JAN	HAD TO WORK OVERTIME 😞
...		
✓	1 FEB	TODAY WAS DIFFICULT! MORE ON PAGE 14

ENJOY YOUR PROJECT

♥ BIG LOVES

RICH

DAY	DATE	NOTES
1		

You started. Whoop! Fist-bump! How did that feel?

2		
3		
4		

How can you make it quicker and easier to begin working on your project each day?

5		
6		
7		

Whoop! Yes! Yes! Yes! You've just completed your first week! Give yourself a high five! Or celebrate in your unique way. Well-forking-done! Now your project is real. You're doing it. It's not just theory anymore. **BOOM!**

Maybe you're pumped. Inspired. Stoked. Loving life. Enjoying the process. Getting good feedback. Things are peachy. Rosy. Awesome.

But maybe things aren't so great. Maybe you've had some hiccups. You've missed some days. You've spent far more time creating each day than you planned. The sharing is stressful. Or you're soooo bored by your project already. Or something else. It could even be a mix of things.

Keep on going!

What would make working on your project easier each day?

DAY	DATE	NOTES
8		
9		
10		

Is the time of day working for you?

How are you feeling about doing another 90 days of this?

11		
12		
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Are you spending a Goldilocks amount of time on your project each day?

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What is *the worst* thing about your project?

DAY	DATE	NOTES
17		
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19		
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21		

Take a quick look back at the last 21 days and see what you've done!

When you begin to see what you've done, and see how you've progressed, you begin to gather momentum. And momentum is infectious. Contagious. Glorious. Hella-good-feeling. It helps us keep going.

But there's normally room for change. Small. Big. You'll know. You don't have to suck it up for another 79 days. You can change things now—on day 21. Because you're still figuring your project out. You're changing. You're learning. You're growing. So reflect a bit. Be honest. Take stock. Be grateful.

22		
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What are you *absolutely-forking-loving* about your project?

23		
24		
25		

What could make your project funner?

DAY	DATE	NOTES
26		
27		
28		

What have you learned in the last 2 weeks?

29		
30		
31		

What parts of your project are boring you? Why?

32		
33		
34		

What are you going to change/improve/test out in the next few days?

DAY	DATE	NOTES
35		
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What's the hardest part of your project so far?

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What defines "success" for you?

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How are you feeling about your project? Write down some thoughts and feelings

DAY	DATE	NOTES
43		
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Is there anything that's astronomically sucking so far? What can you change?

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Who inspired you this week?

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50		

You're a day 50-er! You rock. Big time! You're half-way there. Kaboom! That's massive. You've got 50 things under your belt now. I bet that feels good.

And it should!

*MAYBE MAKE UP YOUR OWN CELEBRATORY DANCE??
AND DANCE THE HECK OUT OF IT!!*

Take a good look at what you've done and achieved and gone through. Maybe you're beginning to realize just how powerful consistency and intentionality are—like, super duper powerful right!? But it's not the time to think you know it all. To think you're a big shot. To think your journey's done. Because the more you learn the more you realize you don't know right!? There's always more to learn. Always. And more to do. Even when you're on day 100, you often feel like you're still on day 1. And it's true in some ways.

You're always right here. Never over there. There's always more of your journey to walk. Keep on going. Keep on pitching up. Keep on choosing to do what you're doing. It's worth it.

DAY	DATE	NOTES
51		
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53		

What happened today? And why?

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What's annoying or frustrating you about your project?

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How would you explain your 100 Day Project to a friend?

DAY	DATE	NOTES
65		
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67		

What did you learn today?

68		
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71		

How have you learned to become more efficient?

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How can you make more space for what you're forking loving about your project?

DAY	DATE	NOTES
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76		
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11 weeks in! What are some things you've learned?

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3 weeks left! What can you do differently going forward?

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What have some of your highlights been?

DAY	DATE	NOTES
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What's the reason you started this project? Has that reason been fulfilled?

89		
90		

Oooooooooo. You're sooooooooo close now. You'd be surprised how many people stop round about now though. Don't be one of those people. Even if you think there's nothing more you can take out of this project, I challenge you to do the last 10 days. You don't know what's still waiting for you to find. There may be something epic just around the corner.

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How can you make the last 2 weeks of your project epic and memorable and fun and challenging and just the best ever?

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DAY	DATE	NOTES
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Are you going to share your *whole* project with the world when you're done? If you are, how are you going to do it?

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What would you tell someone who's wondering if they should or shouldn't do a 100 Day Project? Send what you write to a friend. Or someone in your family. Or just to someone who you think would appreciate it.

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How are you going to celebrate finishing your 100 Day Project?

W00000000H00000000000000!
YOU'RE DONE!
IT'S TIME TO CELEBRATE!!

DAY	DATE	NOTES
100		

Now that you're done, what treasure have you uncovered?













