

## The Grandmacore Crafting Tracker

30 days. One stitch at a time. Watch the scrolling habit dissolve into something beautiful.

### Daily Log — Days 1–15

Day	Morning	Afternoon	Evening	Mood Before → After
1	■	■	■	_____ → _____
2	■	■	■	_____ → _____
3	■	■	■	_____ → _____
4	■	■	■	_____ → _____
5	■	■	■	_____ → _____
6	■	■	■	_____ → _____
7	■	■	■	_____ → _____
8	■	■	■	_____ → _____
9	■	■	■	_____ → _____
10	■	■	■	_____ → _____
11	■	■	■	_____ → _____
12	■	■	■	_____ → _____
13	■	■	■	_____ → _____
14	■	■	■	_____ → _____
15	■	■	■	_____ → _____

### Daily Log — Days 16–30

Day	Morning	Afternoon	Evening	Mood Before → After
16	■	■	■	_____ → _____
17	■	■	■	_____ → _____
18	■	■	■	_____ → _____
19	■	■	■	_____ → _____
20	■	■	■	_____ → _____
21	■	■	■	_____ → _____
22	■	■	■	_____ → _____
23	■	■	■	_____ → _____
24	■	■	■	_____ → _____
25	■	■	■	_____ → _____
26	■	■	■	_____ → _____
27	■	■	■	_____ → _____

# THE SKILL MILL

PRACTICAL GUIDES FOR REAL BEGINNERS

28	■	■	■	_____ → _____
29	■	■	■	_____ → _____
30	■	■	■	_____ → _____

## Weekly Reflection

Week 1 longest screen-free stretch: \_\_\_\_\_ hrs | Favorite moment: \_\_\_\_\_

Week 2 longest screen-free stretch: \_\_\_\_\_ hrs | Favorite moment: \_\_\_\_\_

Week 3 longest screen-free stretch: \_\_\_\_\_ hrs | Favorite moment: \_\_\_\_\_

Week 4 longest screen-free stretch: \_\_\_\_\_ hrs | Favorite moment: \_\_\_\_\_

## Milestones (celebrate yourself!)

- ★ Day 7 — one full week of daily crafting
- ★ Day 14 — habit is forming, you reach for thread before phone
- ★ Day 21 — finished your first project from the book
- ★ Day 30 — craft is now your default “wait” activity (line, TV, calls)

**Full project library in “The Grandmacore Crafting Guide” — [theskillmillbooks.com/grandmacore-crafting/](https://theskillmillbooks.com/grandmacore-crafting/)**