7-Day Goal Starter Plan

One small step a day. Print it or keep it open.

Before you start (10 minutes)

- Pick ONE goal. Write it as a result you can check: "Run 5 km without stopping by 30 Dec", not "get fit".
- Write why it matters to you in one sentence. You will read this on the hard days.
- Choose the one daily action that moves it forward, small enough to do even on a bad day.
- Pick a fixed time for it (after coffee, before lunch, after work). Same time every day.

My goal

My goal: _____

Why it matters: _____

My daily action: _____

When I do it: _____

The one rule

Never miss twice. Missing one day is life. Missing two days is the start of a new habit you did not choose.



Your 7 days

Tick each box when it is done.

- [ ] **Day 1: Define it**
  Write the goal, the why and the daily action (page 1). Put the daily action in your calendar for the next 7 days.

- [ ] **Day 2: Make it tiny**
  Do the daily action for just 5 minutes. The only aim today is to start.

- [ ] **Day 3: Remove one obstacle**
  Name the thing that would stop you (phone, tiredness, no time). Remove or reduce it before tomorrow.

- [ ] **Day 4: Split the goal**
  Break the goal into 3 to 5 steps and give each step a date. Put the first step on tomorrow.

- [ ] **Day 5: Do the hard thing first**
  Do your daily action before anything else today. Notice how the rest of the day feels.

- [ ] **Day 6: Track and adjust**
  Look at the last 5 days. What worked? What got in the way? Change ONE thing, not everything.

- [ ] **Day 7: Review and reset**
  Count your done days. Celebrate them. Plan next week: same action, or slightly bigger.



Keep the streak going

A simple tracker, plus an easier way to run it.

4-week tracker

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Want this to run itself?

Orbiont turns this plan into a goal map with dated steps, a daily checklist and habit streaks. It reminds you, and the ORBIT assistant can plan your week for you. One account works on the phone app and in the web workspace, Orbiont Studio.

orbiontapp.com/app

Free to start. iPhone, Android and web.