30 mornings

Up at the first alarm, one box a day.

My alarm time _____ I start on _____

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

What counts: Tick a box on each morning you're out of bed at your first alarm, without snoozing. Missed one? Leave it blank and keep going. There's no starting over.

Pin it where you'll be once you're up, like the kettle or the bathroom mirror, not by the bed.