

THE 28-DAY DAILY TRACKER & CHECKLIST



EHIKIOYA STELLA

TRACK YOUR RITUALS. SEE YOUR PROGRESS.
CELEBRATE YOUR TRANSFORMATION.

THE 28-DAY DAILY TRACKER & CHECKLIST

*Your Daily Map to Less Pain,
More Energy & a Better You*



DAILY TRACKER

Stay consistent with simple daily rituals



WEEKLY REFLECTIONS

Notice what's working and what to adjust



BUILD NEW HABITS

Step-by-step checklists for lasting change



SEE YOUR PROGRESS

Track your pain, mood, energy and confidence



I AM
HEALING
EVERY DAY



28 DAYS
of Consistent Action
to Reduce Pain,
Increase Energy &
Transform Your Life

CREATED BY

EHIKIOYA STELLA

BONUS 1: THE 28-DAY DAILY TRACKER & CHECKLIST

How to Use This Tracker:

Print this out (or recreate it in a notebook) and use it every single day for 28 days. Check off each ritual as you complete it. This serves three purposes:

1. **Accountability** — You'll see visually that you're showing up for yourself
2. **Pattern Recognition** — You'll notice what works and what doesn't
3. **Motivation** — Watching your check marks build is powerful

Each day has the same structure. By day 28, this will feel automatic.

DAILY TRACKER TEMPLATE

DAY ____ (Date: ____)

MORNING RITUAL

- ☐ Made and drank anti-inflammatory tea (time: ____)
- ☐ Did 15-minute morning movement sequence
- ☐ Ate a healthy breakfast
- ☐ Noted any changes in stiffness or pain (1-10 scale: ____)

NUTRITION CHECK

- ☐ Breakfast was anti-inflammatory (describe: ____)
- ☐ Lunch was anti-inflammatory (describe: ____)
- ☐ Dinner was anti-inflammatory (describe: ____)
- ☐ Avoided inflammatory foods today

MOVEMENT & ACTIVITY

- ☐ Did 15-minute evening movement sequence
- ☐ Moved gently throughout the day (walked, stretched, etc.)
- ☐ Pain level after activity (1-10 scale: ____)

EMOTIONAL CHECK-IN

- ☐ Did evening reflection (5 minutes)
- ☐ Journal about how I feel
- ☐ Told someone about my progress today

- ☐ Mood today: ☐ Better ☐ Same ☐ Slightly Worse

SOCIAL CONNECTION (Week 3-4 Only)

- ☐ Had meaningful conversation with someone
- ☐ Left the house (if applicable)
- ☐ Confidence level: ☐ High ☐ Medium ☐ Low

NOTES FOR TODAY:

What surprised me: _____

What was hard: _____

What I'm proud of: _____

Tomorrow's intention: _____

WEEKLY SUMMARY (Complete This on Sunday of Each Week)

WEEK _____ SUMMARY

Physical Changes:

- My pain level has gone from _____ (day 1) to _____ (today)
- My mobility has improved in these ways: _____
- My sleep quality is: ☐ Better ☐ Same ☐ Worse

Emotional Changes:

- My mood is: ☐ Better ☐ Same ☐ Worse
- My hope level is: ☐ Higher ☐ Same ☐ Lower
- My confidence is: ☐ Growing ☐ Stable ☐ Shaky

Social Changes:

- I've seen/talked to _____ people this week
- I left the house _____ times
- People have noticed these changes in me: _____

What's Working:

What Needs Adjustment:

Wins This Week (no matter how small):

DAYS 1-7 CHECKLIST (Week One: Understanding)

GOAL FOR WEEK 1: Establish the daily ritual, notice initial changes, build belief that this works.

Day	Tea	Morning Movement	Nutrition	Evening Movement	Evening Reflection	Mood	Pain (1-10)
1	☐	☐	☐	☐	☐	---	-----
2	☐	☐	☐	☐	☐	---	-----
3	☐	☐	☐	☐	☐	---	-----
4	☐	☐	☐	☐	☐	---	-----
5	☐	☐	☐	☐	☐	---	-----
6	☐	☐	☐	☐	☐	---	-----
7	☐	☐	☐	☐	☐	---	-----

Week 1 Reflection: What did I notice? _____

DAYS 8-14 CHECKLIST (Week Two: Deepening)

GOAL FOR WEEK 2: Deepen the practice, notice significant pain reduction, experience more energy.

Day	Tea	Morning Movement	Nutrition	Evening Movement	Social Connection	Mood	Pain (1-10)
8	☐	☐	☐	☐	☐	---	-----
9	☐	☐	☐	☐	☐	---	-----
10	☐	☐	☐	☐	☐	---	-----
11	☐	☐	☐	☐	☐	---	-----
12	☐	☐	☐	☐	☐	---	-----
13	☐	☐	☐	☐	☐	---	-----
14	☐	☐	☐	☐	☐	---	-----

Week 2 Reflection: What changed? _____

DAYS 15-21 CHECKLIST (Week Three: The Comeback)

GOAL FOR WEEK 3: Leave the house, rebuild confidence, reconnect with people.

Day	Tea	Movement	Nutrition	Social Activity	Left House?	Confidence	Pain (1-10)
15	☐	☐	☐	_____	Yes / No	H / M / L	_____
16	☐	☐	☐	_____	Yes / No	H / M / L	_____
17	☐	☐	☐	_____	Yes / No	H / M / L	_____
18	☐	☐	☐	_____	Yes / No	H / M / L	_____
19	☐	☐	☐	_____	Yes / No	H / M / L	_____
20	☐	☐	☐	_____	Yes / No	H / M / L	_____
21	☐	☐	☐	_____	Yes / No	H / M / L	_____

Week 3 Reflection: How did my social life change? _____

DAYS 22-28 CHECKLIST (Week Four: Locking In)

GOAL FOR WEEK 4: Solidify the changes, prepare for long-term maintenance, celebrate your transformation.

Day	Tea	Movement	Nutrition	Social Activity	Energy Level	Mood	Pain (1-10)
22	☐	☐	☐	_____	H / M / L	---	_____
23	☐	☐	☐	_____	H / M / L	---	_____
24	☐	☐	☐	_____	H / M / L	---	_____
25	☐	☐	☐	_____	H / M / L	---	_____
26	☐	☐	☐	_____	H / M / L	---	_____
27	☐	☐	☐	_____	H / M / L	---	_____
28	☐	☐	☐	_____	H / M / L	---	_____

THE 28-DAY TRANSFORMATION:

On Day 1, my pain level was: _____

On Day 28, my pain level is: _____

Pain reduction: _____% (or describe improvement in words)

Three things that changed:

1.

1.

1.

Three things I'm grateful for:

1.

1.

1.

How I feel about starting maintenance: _____
