

7-DAY TASK 1™ TRACKER

One mission. One aligned move each day. Seven days of proving that execution changes direction.

THE DAILY STANDARD

- Name the mission.
- Choose one TASK 1™.
- Protect it from TASK JUMPER™ avoidance.
- Complete it within 24 hours.
- Review honestly. Repeat tomorrow.

THE RULE

To-do lists measure activity. TASK 1™ measures alignment.

This tracker is not about doing everything. It is about completing what matters next.

BILLY-JOE TODD

Transformation Translator | Next Level DNA



SET THE SEVEN-DAY MISSION

PAGE 02

Choose the direction before choosing the daily tasks.

WEEKLY COMMAND

What must be different seven days from now?

The result I am working toward:

Why this matters now:

PAST YOU

The lesson I will carry forward:

FUTURE YOU

The direction I will protect:

The pattern most likely to knock me off mission:

- ☐ Fear
- ☐ Doubt
- ☐ Pressure
- ☐ TASK JUMPER™ avoidance

SEVEN-DAY COMMITMENT

For the next seven days, Present You will execute one aligned TASK 1™ every day.

Choose the move before the noise chooses for you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

MORNING COMMAND**Today's mission**

PAST YOU PROVIDES

Lesson or intelligence for today:

FUTURE YOU DIRECTS

Direction or objective for today:

What is trying to drive today?

☐ Fear ☐ Doubt ☐ Pressure ☐ Alignment

PRESENT YOU EXECUTES**MY TASK 1™:**

Specific. Under my control. Starts today. Can be completed within 24 hours.

TASK JUMPER™ CHECK

Am I switching because the mission requires it - or because this became uncomfortable?

EXECUTION TIME

I will begin at:

END-OF-DAY REVIEW

☐ Completed ☐ Partially completed ☐ Not completed

Proof, lesson, or honest reason:

Choose the move before the noise chooses for you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

MORNING COMMAND

Today's mission

PAST YOU PROVIDES

Lesson or intelligence for today:

FUTURE YOU DIRECTS

Direction or objective for today:

What is trying to drive today?

- ☐ Fear
- ☐ Doubt
- ☐ Pressure
- ☐ Alignment

PRESENT YOU EXECUTES

MY TASK 1™ :

Specific. Under my control. Starts today. Can be completed within 24 hours.

TASK JUMPER™ CHECK

Am I switching because the mission requires it - or because this became uncomfortable?

EXECUTION TIME

I will begin at:

END-OF-DAY REVIEW

- ☐ Completed
- ☐ Partially completed
- ☐ Not completed

Proof, lesson, or honest reason:

Choose the move before the noise chooses for you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

MORNING COMMAND

Today's mission

PAST YOU PROVIDES

Lesson or intelligence for today:

FUTURE YOU DIRECTS

Direction or objective for today:

What is trying to drive today?

- ☐ Fear
- ☐ Doubt
- ☐ Pressure
- ☐ Alignment

PRESENT YOU EXECUTES

MY TASK 1™:

Specific. Under my control. Starts today. Can be completed within 24 hours.

TASK JUMPER™ CHECK

Am I switching because the mission requires it - or because this became uncomfortable?

EXECUTION TIME

I will begin at:

END-OF-DAY REVIEW

- ☐ Completed
- ☐ Partially completed
- ☐ Not completed

Proof, lesson, or honest reason:

Choose the move before the noise chooses for you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

MORNING COMMAND

Today's mission

PAST YOU PROVIDES

Lesson or intelligence for today:

FUTURE YOU DIRECTS

Direction or objective for today:

What is trying to drive today?

- ☐ Fear ☐ Doubt ☐ Pressure ☐ Alignment

PRESENT YOU EXECUTES

MY TASK 1™:

Specific. Under my control. Starts today. Can be completed within 24 hours.

TASK JUMPER™ CHECK

Am I switching because the mission requires it - or because this became uncomfortable?

EXECUTION TIME

I will begin at: _____

END-OF-DAY REVIEW

- ☐ Completed ☐ Partially completed ☐ Not completed

Proof, lesson, or honest reason: _____

Choose the move before the noise chooses for you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

MORNING COMMAND

Today's mission

PAST YOU PROVIDES

Lesson or intelligence for today:

FUTURE YOU DIRECTS

Direction or objective for today:

What is trying to drive today?

- ☐ Fear
- ☐ Doubt
- ☐ Pressure
- ☐ Alignment

PRESENT YOU EXECUTES

MY TASK 1™ :

Specific. Under my control. Starts today. Can be completed within 24 hours.

TASK JUMPER™ CHECK

Am I switching because the mission requires it - or because this became uncomfortable?

EXECUTION TIME

I will begin at:

END-OF-DAY REVIEW

- ☐ Completed
- ☐ Partially completed
- ☐ Not completed

Proof, lesson, or honest reason:

Choose the move before the noise chooses for you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

MORNING COMMAND

Today's mission

PAST YOU PROVIDES

Lesson or intelligence for today:

FUTURE YOU DIRECTS

Direction or objective for today:

What is trying to drive today?

☐ Fear

☐ Doubt

☐ Pressure

☐ Alignment

PRESENT YOU EXECUTES

MY TASK 1™:

Specific. Under my control. Starts today. Can be completed within 24 hours.

TASK JUMPER™ CHECK

Am I switching because the mission requires it - or because this became uncomfortable?

EXECUTION TIME

I will begin at: _____

END-OF-DAY REVIEW

☐ Completed

☐ Partially completed

☐ Not completed

Proof, lesson, or honest reason: _____

Choose the move before the noise chooses for you.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

MORNING COMMAND

Today's mission

PAST YOU PROVIDES

Lesson or intelligence for today:

FUTURE YOU DIRECTS

Direction or objective for today:

What is trying to drive today?

- ☐ Fear
 ☐ Doubt
 ☐ Pressure
 ☐ Alignment

PRESENT YOU EXECUTES

MY TASK 1™:

Specific. Under my control. Starts today. Can be completed within 24 hours.

TASK JUMPER™ CHECK

Am I switching because the mission requires it - or because this became uncomfortable?

EXECUTION TIME

I will begin at: _____

END-OF-DAY REVIEW

- ☐ Completed
 ☐ Partially completed
 ☐ Not completed

Proof, lesson, or honest reason: _____

Measure alignment, completion, and what must happen next.

MISSION DEBRIEF

What changed because you kept taking action?

Days TASK 1™ was completed:

1

2

3

4

5

6

7

The strongest result or proof from this week:

The pattern I caught before it controlled the vote:

Where TASK JUMPER™ still interrupted the mission:

The lesson Past You now provides for next week:

NEXT MISSION

The next aligned move I will carry forward is: