

Senior Wealth Hub

7-Day Skill Practice Tracker

Instructions: Choose one skill to practice for 20 minutes a day. Write your focus, set a time, and check the box when complete. Use the Notes column for quick reflections or next steps.

Day	Date	Focus Skill	20-Minute Start	Notes
Day 1			<input type="checkbox"/>	
Day 2			<input type="checkbox"/>	
Day 3			<input type="checkbox"/>	
Day 4			<input type="checkbox"/>	
Day 5			<input type="checkbox"/>	
Day 6			<input type="checkbox"/>	
Day 7			<input type="checkbox"/>	