



Tools for the *Excelerated* Life

EXCELERATED FUNDAMENTALS™

WEEKLY FOCUS TRACKER



[[Photo by Artem Podrez](#)]

Steven Huskey



[This page intentionally left blank.]



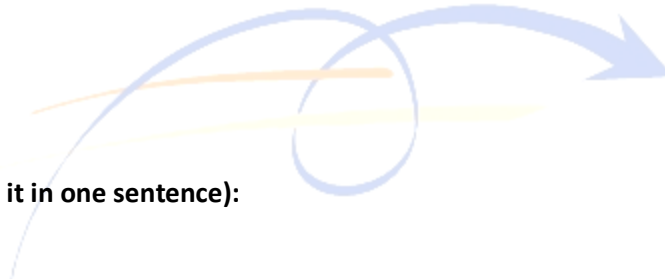
***Excelerated* Fundamentals™**

Weekly Focus Tracker

Here's a simple tool to help you focus on the fundamentals. Use the ***Excelerated* Fundamentals™ Weekly Focus Tracker** to choose your area, set your standard, and track your progress.

This Week's Focus Area:

- ☐ Sleep
- ☐ Nutrition
- ☐ Hydration
- ☐ Movement
- ☐ Breathing
- ☐ Stillness/Reflection



My Small Upgrade (describe it in one sentence):

This week, I will

Why I Chose This (personal motivation):



***Excelerated* Fundamentals™**

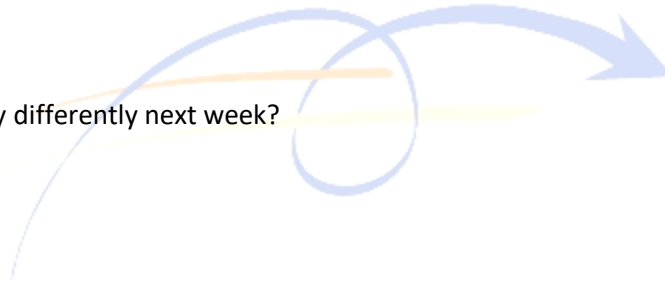
Weekly Focus Tracker

Tracking (check off each day you followed through)

| Day | Date | <input checked="" type="checkbox"/> Completed |
|-----------|------|---|
| | | |
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Reflection:

What worked? What will I try differently next week?





Excelerated Fundamentals™

Weekly Focus Tracker

Disclaimer:

The material in this document is intended for informational and educational purposes only and is not a substitute for professional advice in medical, psychological, legal, or financial matters. No specific results are promised or guaranteed.

The author and The Excelerated Life, LLC are not responsible for any loss or damage, direct or indirect, resulting from the use or misuse of the information contained in this document.

Applying any information from this document is solely your responsibility and at your own risk. If you believe you may have a condition requiring professional assistance, please seek appropriate care.

The purpose of this document is to educate and inspire. Following the techniques, suggestions, or strategies presented does not guarantee success.

Copyright © 2025 by The Excelerated Life, LLC. All rights reserved.

You are welcome to print a copy of this document for personal use. Please keep the document intact, including contact and copyright information.

Except for personal use, no part of this publication may be reproduced, stored, or transmitted by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission from the author, except as permitted under Sections 107 and 108 of the 1976 United States Copyright Act.

For permission requests, please contact: steven@my-excelerator.com