☀ 7-Day Morning Sun Tracker

Track Calm | Sankalpa | Gratitude | Priority | Seva | Rest — quick daily checks

Day	Calm (1–5)	Sankalpa Recall (Y/N)	Gratitude Mood (1–5)	Priority Done (Y/N)	Seva Done (Y/N)	Rest Executed (Y/N)	Reflection / Note
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							