



7-Day Nature Tracker

A simple, science-backed weekly tracker to help you build a lasting nature habit.

🌀 🌀 How to Use This Tracker

1. **Choose ONE nature habit** for the week

(Grounding / Micro-Forest Bath / Nature Note / Breath Reset / Green Detour / Plant Care / Covenant Action).

2. **Day 0 (Prep):** Make a one-line public commitment.

3. **Days 1–7:**

- Do the practice.
- Write 1-word mood before & 1-word mood after.
- Add a 1-line Nature Note (detail + feeling).

4. **Day 7:** Double the time + write a 1-line reflection.

☞ ☞ Your 7-Day Nature Practice Log

☞ Day 0 — Preparation

Chosen Habit for Week: _____

Public Commitment (1 sentence): _____

Cues Prepared (tick what you set up):

- Shoes by door
- Green detour mapped
- Herb potted
- Timer set for breath reset
- Nature Note created
- Accountability buddy chosen

☞ Day 1

Mood Before (1 word): _____

Mood After (1 word): _____

Nature Note (detail + feeling):

☞ Day 2

Mood Before: _____

Mood After: _____

Nature Note:



☞ Day 3

Mood Before: _____

Mood After: _____

Nature Note:

☞ Day 4

Mood Before: _____

Mood After: _____

Nature Note:

☞ Day 5

Mood Before: _____

Mood After: _____

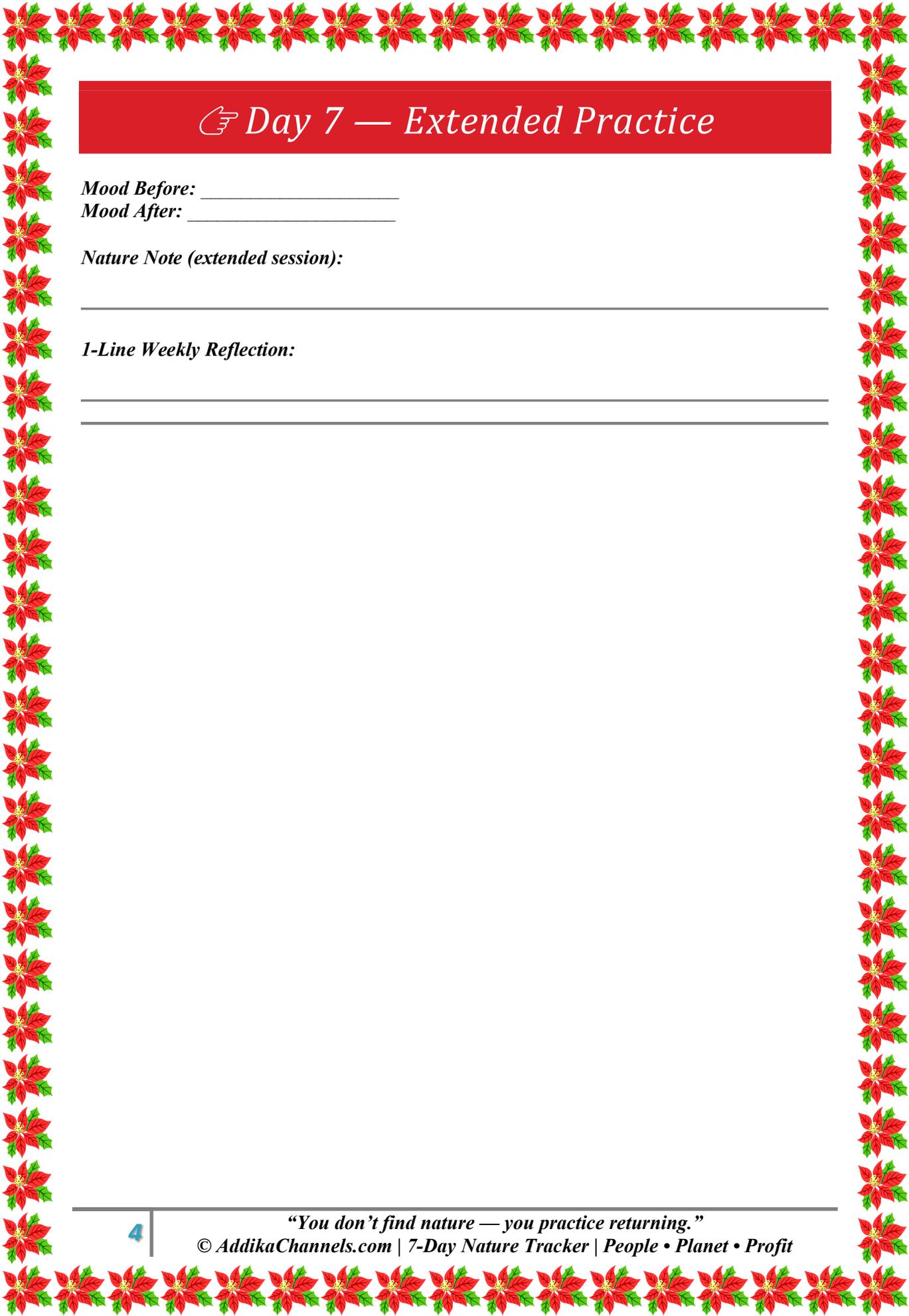
Nature Note:

☞ Day 6

Mood Before: _____

Mood After: _____

Nature Note:

A decorative border of red poinsettias with green leaves surrounds the entire page.

☞ Day 7 — Extended Practice

Mood Before: _____

Mood After: _____

Nature Note (extended session):

1-Line Weekly Reflection:



☞ ☞ Weekly Progress Snapshot

★ *Biggest Mood Shift:* _____

★ *Most Noticed Natural Detail:* _____

★ *Surprising Insight:* _____

★ *What I Want to Continue Next Week:* _____

☞ ☞ Optional Photo Log

Paste or attach one small photo from the week:

- *Mid-week evidence:* _____
- *Day 7 victory:* _____

☞ ☞ Accountability Check-In

Buddy / Community Tag: _____

Shared my Day 7 summary?

- Yes
 Not yet

☞ ☞ Next Steps (Choose One)

- Continue same habit for 7 more days
 Add one new 3-minute practice
 Start a micro-covenant with 3 neighbours
 Plant one new seed this week
 Map a second green detour