

One Minute Magic — today's sheet

One minute. One photo. Tick it, and the day counts.

Date

Habit

THE MINUTE I DID IT

Sixty seconds of it — and what it actually was:

☐ I did the minute

☐ I photographed it

Three words about how it felt:

This week — one line per day

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐	☐ ☐

Left box = the minute. Right box = the photo.

A day that is genuinely impossible? Say so in the app and your run pauses — it does not break.

Miss a day without saying so and the count restarts, honestly. The photo is what makes the streak worth trusting.

Free, from oneminutemagic.app — nothing to buy on this page.

One Minute Magic, book and app by Coach DanielG. Operated by Kyly CST Pte Ltd (UEN 201942481M), Singapore.