5-Minute Rule Tracker

Instructions:
Each day, choose one task and commit to just 5 minutes. After the 5 minutes, decide whether to stop or continue.

Track your momentum here:

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| DATE | TASK CHOSEN | STARTED | CONTINUED AFTER 5 MIN?Yes/No | NOTES |
| 06/19/2025 | Write Lab reflection | Yes | No | Take 10 min break and try again for another 5 min.  |
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