

The Manifestation Lab  
test it. track it. manifest it.

# 369 Method Tracker

A simple, structured way to stay consistent and track your progress.

Stay consistent. Track daily. Notice what shifts.

## Your Goal / Intention

Write your statement clearly. Keep it consistent throughout the process.

# Day 1

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 2

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 3

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 4

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 5

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 6

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 7

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 8

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 9

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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# Day 10

**Morning (3x)**


**Afternoon (6x)**


**Evening (9x)**


**Observations / Signs / Thoughts**

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