

# 30-Day Crunchy-to-Pasta: The Daily Log

*“Documenting the Descent into Noodledom”*

**Instructions:** Use this log alongside your Noodle Icon Tracker. Every day, record your starting "Crunch" level, the specific ridiculous action you took to short-circuit your stress, and how you felt afterward.

<b>Day</b>	<b>Starting "Crunch" (Dry / Soft / Al Dente)</b>	<b>The Silly Reset (Which Chapter?)</b>	<b>Evening Noodle Status</b>
<b>1</b>			
<b>2</b>			
<b>3</b>			
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## Monthly Reflection

**My Go-To "Emergency" Reset:** \_\_\_\_\_

*(Which chapter worked fastest when you were 'Ready to Scream'?)*

**The Most Ridiculous Moment of the Month:** \_\_\_\_\_

*(Describe the time you laughed the hardest at your own absurdity.)*

**Current Baseline:** [ ] Still a bit Crunchy [ ] Perfectly Softened [ ] Fully Al Dente

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