

30-Day Crunchy-to-Pasta Tracker

Goal: Complete 30 days of intentional silliness to move from a state of "The Crunch" to "The Noodle."

Instructions: Every day you perform a ridiculous reset, color in the corresponding noodle. Notice how the icons physically change as you progress through the month.

Phase 1: The Crunchy Phase (Days 1-10)

Focus: Breaking the initial tension. The Icons: These are straight, vertical, and rigid. They represent the "Dry Linguine" state of mind.

1. [] || 2. [] || 3. [] || 4. [] || 5. [] ||
2. [] || 7. [] || 8. [] || 9. [] || 10. [] ||

Phase 2: The Softening Phase (Days 11-20)

Focus: Finding your wiggle. The Icons: These are starting to bend and wave. They represent the "Fusilli & Macaroni" state of mind.

1. [] ~ 12. [] () 13. [] S 14. [] C 15. [] ~
2. [] () 17. [] S 18. [] C 19. [] ~ 20. [] ()

Phase 3: The Al Dente Phase (Days 21-30)

Focus: Total Noodledom. The Icons: These are fully swirled, loopy, and knotted. They represent the "Spaghetti Knot" state of mind.

1. [] @ 22. [] & 23. [] ∞ 24. [] ☉ 25. [] @
2. [] & 27. [] ∞ 28. [] ☉ 29. [] @ 30. [] O

Color Suggestions for Visual Impact:

- **Days 1-10:** Use **Red or Orange** (The Heat of the Crunch).
- **Days 11-20:** Use **Yellow or Cream** (The Softening).
- **Days 21-30:** Use **Green or Gold** (Pure Al Dente Zen).

Monthly Noodle Milestone:

- **Starting Status:** [] Rigid [] Brittle [] Stiff
- **Ending Status:** [] Flexible [] Floppy [] Fully Al Dente