

THE WAR WITHIN

TOOL V

Reading Tracker

24 Books · 20 Pages Daily

The mind that stops feeding begins starving. Feed it deliberately or it will starve accidentally.

The Reading Tracker holds you accountable to a 24-book annual reading plan — 12 books inside your domain, 12 outside it. It enforces the 20-page daily ritual, captures annotations and insights, and tracks the one application per book that converts reading into transformation.

Deploy at: Battle 14 · Deploy Immediately
Segun Samuel · TheWarWithin.you

Annual Reading Plan

YEAR: _____ TARGET: 24 books DAILY RITUAL: 20 pages minimum

IN-DOMAIN (12 Books — my professional/vocational field)

#	TITLE / AUTHOR	START	FINISH	RATING
1				__ / 10
2				__ / 10
3				__ / 10
4				__ / 10
5				__ / 10
6				__ / 10
7				__ / 10
8				__ / 10
9				__ / 10
10				__ / 10
11				__ / 10
12				__ / 10

OUT-OF-DOMAIN (12 Books — outside my primary field)

#	TITLE / AUTHOR	START	FINISH	RATING
1				__ / 10
2				__ / 10
3				__ / 10
4				__ / 10
5				__ / 10
6				__ / 10
7				__ / 10
8				__ / 10
9				__ / 10
10				__ / 10
11				__ / 10
12				__ / 10

Book Record Template

This page is reproduced for each book in your plan. Print multiple copies or write directly in this tracker.

TITLE:

AUTHOR:

DOMAIN: ☐ In-domain ☐ Out-of-domain

DATE STARTED:

DATE FINISHED:

THE ARGUMENT — WHAT IS THIS BOOK'S CENTRAL CLAIM?

KEY INSIGHTS (3–5 IDEAS THAT CHANGED HOW YOU THINK)

1.

2.

3.

THE ONE APPLICATION — WHAT WILL CHANGE BECAUSE OF THIS BOOK, AND WHEN?

RATING: ____ / 10 RECOMMEND TO: _____

TITLE:

AUTHOR:

DOMAIN: ☐ In-domain ☐ Out-of-domain

DATE STARTED:

DATE FINISHED:

THE ARGUMENT — WHAT IS THIS BOOK'S CENTRAL CLAIM?

KEY INSIGHTS (3–5 IDEAS THAT CHANGED HOW YOU THINK)

1.

2.

3.

THE ONE APPLICATION — WHAT WILL CHANGE BECAUSE OF THIS BOOK, AND WHEN?

RATING: ____ / 10 RECOMMEND TO: _____

21-Day Daily Reading Log

Record your daily reading. Streak = consecutive days with 20+ pages.

DAY	DATE	BOOK	PAGES	STREAK
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				

Twenty pages daily. Twenty-four books annually. The mind is a garden. Tend it.