

## Ignite Challenge Tracker

Use this tracker to record your progress as you complete each Ignite Challenge. Reflect on your actions, feelings, and results to reinforce the Spark → Flame → Fire cycle.

### Stage 1: Spark Challenge – Trigger & Act in 5 Minutes

Date: \_\_\_\_\_

Chosen Spark Trigger: \_\_\_\_\_

Action Taken Immediately After Trigger:

\_\_\_\_\_

How I Felt Before: \_\_\_\_\_

How I Felt After: \_\_\_\_\_

Notes/Reflections: \_\_\_\_\_

### Stage 2: Flame Challenge – Stack 3 Wins This Week

Week Starting: \_\_\_\_\_

Win 1 Description: \_\_\_\_\_

Date Completed: \_\_\_\_\_

How I Felt: \_\_\_\_\_

Win 2 Description: \_\_\_\_\_

Date Completed: \_\_\_\_\_

How I Felt: \_\_\_\_\_

Win 3 Description: \_\_\_\_\_

Date Completed: \_\_\_\_\_

How I Felt: \_\_\_\_\_

Weekly Reflection: \_\_\_\_\_

### **Stage 3: Fire Challenge – Inspire 1 Person Intentionally**

Date: \_\_\_\_\_

Person Inspired: \_\_\_\_\_

How I Inspired Them: \_\_\_\_\_

Their Response: \_\_\_\_\_

How It Felt to Inspire: \_\_\_\_\_

Reflection/Next Steps: \_\_\_\_\_

### **General Notes & Lessons Learned**

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