



TRACKER

Highlight-to-Action Tracker

Turn marked passages into visible behavior.

A practical tracker for converting memorable lines into actions, tests, conversations, and evidence.

READ

CAPTURE

APPLY

Free resource from Read Smarter, Not Harder

Printable, practical, and built for turning books into usable insight.

3 PAGES

1 Action Translation

A highlight becomes useful when it changes a sentence, choice, or behavior.

HIGHLIGHT OR IDEA	MEANING IN MY WORDS	ACTION IT SUGGESTS

The one highlight I will act on first



Finish when one highlight has a test

- ☐ One highlight is chosen first.
- ☐ The action is written as behavior, not inspiration.

2 Evidence Review

After trying the idea, look for evidence instead of a vague feeling of improvement.

Action tried

Date

What happened when I used it?

What evidence suggests this idea is worth repeating?

What should change next time?

Repeat date

Keep / revise / drop



Finish when the attempt produced evidence

- ☐ You recorded what happened.
- ☐ You decided to keep, revise, or drop the action.