

DAILY HABIT TRACKER

Month/Year _____

What is a habit tracker: A habit tracker is a simple way to measure whether you did a habit.

How it works: Pick a few habits you want to track every day, or at least every weekday. The more you track them, the faster you'll develop them into a real habit. A tiny habit that you do every day is better than a big habit you hardly every complete. Consistency will help rewire your brain and make the habit automatic.

Benefits: A habit tracker can be helpful with goal achievement. Checking boxes on a piece of paper can be motivating by releasing the reward chemical, dopamine. Once you receive that "hit" it motivates you to repeat that action.

Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Comments: