

Monthly Habit Tracker

Name: _____ Month: _____

Habit	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
Drink a glass of water (AM)																															
Posture reset (shoulder rolls)																															
1-minute movement break																															
Deep breathing (3 breaths)																															
Write down one positive moment																															

Reflection Questions (End of Month):

- 1. Which habit did you enjoy most?
- 2. What positive changes did you notice?
- 3. Is there a new habit you'd like to add next month?

Tip: Color in or check each box to visually track your progress. Keep this sheet visible to stay motivated!