

HABIT TRACKER

MONTH: Example

Habit / Goal	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	Result
Steps 20		x	x	x		x	x		x	x		x	x	x	x	x			x	x	x			x	x	x		x	x	x		22 
Water 25	x	x	x	x				x	x	x	x		x	x	x	x			x	x		x	x		x		x	x		x		21
Vitamins 31	x	x	x	x	x	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x			x	x	x	x	x	x	x	27
Bed by 10 15	x	x	x	x				x	x	x	x	x			x		x	x					x	x	x					x		16 
Gym 15			x	x	x	x	x		x	x		x	x	x			x	x		x	x	x	x		x		x	x	x	x	x	22 
Painting 5		x				x						x	x							x				x	x							7 
Date night 3					x								x																			2

NOTES: _____

HABIT TRACKER

MONTH: january

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: February

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: march

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: april

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: may

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: june

Habit / Goal	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	Result

NOTES: _____

HABIT TRACKER

MONTH: july

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: august

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: september

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: october

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: november

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: December

[illegible]

NOTES: _____

HABIT TRACKER

MONTH: _____

[illegible]

NOTES: _____
