

Habit Tracker & Reflection Sheet

Use this habit tracker to monitor your progress, identify patterns, and reflect on your journey to break or build habits. Each week, track your daily progress, make notes, and review at the end of the week.

1. Habit Overview

- Habit to Break/Build: _____
- Reason for Change: _____
- Replacement Habit (if applicable): _____

2. Weekly Tracking Grid

Day	Completed? (✓/X)	Notes/Triggers Observed	Reward Given
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

3. Reflection Questions

1. What went well this week? _____
2. What challenges did you face? _____
3. What adjustments will you make for next week? _____

4. Monthly Review

- Rate Your Progress (1-10): _____
- Biggest Win: _____
- Area for Improvement: _____