

Habit Tracker

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

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
#1																															
#2																															
#3																															
#4																															
#5																															
#6																															
#7																															
#8																															
#9																															
#10																															

Daily Habits:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

weekly	Week 1	Week 2	Week 3	Week 4
1.				
2.				
3.				
4.				

Goals for the month

[1] _____ [2] _____ [3] _____

Write out habits you want to establish and check off the dates you have completed. Here is an example

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	
#1	x	x	x	x	x	x	x	x	x	x	x				x	x	x	x		X		X		X		X	X	X	X		X	
#2	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	X	X	x
#3	X	X	X	X	X	X	X			X	X	X	X	X			X	X	X	X	X	X	X		X			X	X	x		
#4	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	
#5																																
#6																																
#7																																
#8																																
#9																																
#10																																

Daily Habits:

1. walk every morning 10 minutes
2. Lemon water upon waking
3. Get to bed by 10 pm
4. Add salad for dinner
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

weekly	Week 1	Week 2	Week 3	Week 4
1. date night	X		X	
2. Sunday family night	X	X		
3. 2 hour hike	x	x	x	x
4. cook new recipe	X	X	X	

Goals for the month

- [1] Read health book [2] Drop 6 pounds of fat [3] _____