THE DAILY HABIT TRACKER

Build small routines. Notice your progress. Keep showing up.

MONTHLY INTENTION

This month, I want to make more room for: _____

MY HABITS

Habit	Why it matters	Target
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

30-DAY CHECK-IN

Habit	1	2	3	4	5	6	7	8	9	10
_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■

Habit	11	12	13	14	15	16	17	18	19	20
_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■

Habit	21	22	23	24	25	26	27	28	29	30

_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■
_____	■	■	■	■	■	■	■	■	■	■

WEEKLY REFLECTION

A quick pause to learn what works and what needs adjusting.

WEEK 1

A small win I am proud of: _____
What made my habits easier? _____
What got in the way? _____
One adjustment for next week: _____

WEEK 2

A small win I am proud of: _____
What made my habits easier? _____
What got in the way? _____
One adjustment for next week: _____

WEEK 3

A small win I am proud of: _____
What made my habits easier? _____
What got in the way? _____
One adjustment for next week: _____

WEEK 4

A small win I am proud of: _____
What made my habits easier? _____
What got in the way? _____
One adjustment for next week: _____

REMEMBER

Consistency is not perfection. If you miss a day, begin again with the next small step.