



HABIT TRACKER

Small habits, big changes. ♥



NAME: _____

YEAR: _____

MONTH: _____

FOCUS OF THE MONTH: _____

HABIT	DAYS OF THE MONTH																															TOTAL
	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	
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MY WHY ♥

I am building these habits because:

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SUMMARY

THIS MONTH I WILL:

- ☐ Continue
- ☐ Improve
- ☐ Be consistent
- ☐ Be proud of my progress

MONTHLY SCORE ☆

Total Possible: _____

Total Achieved: _____

SCORE: _____ %

Celebrate small wins! ♥

☆ You don't have to be perfect, just *consistent*. ♥