



Habit Tracker™

An undated monthly system for building up to eight habits with intention.

MONTH _____

MY FOCUS _____

WHY THESE HABITS MATTER

Set Your Reason

The change I want to create _____

DESIGN WITH INTENTION

Design the Habit

#	HABIT	MINIMUM VERSION	WHEN / CUE	REWARD / SUPPORT
1				
2				
3				
4				
5				
6				
7				
8				

My reset rule

If I miss a day, I will _____

The smallest version that still counts is _____

CONSISTENCY OVER PERFECTION

Monthly Tracker

Mark each completed day. Use a dot for a partial effort and leave missed days judgment-free.

MONTH _____ TARGET DAYS _____

#	HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

#	HABIT	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8	_____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Weekly check-in

WEEK	WHAT HELPED	WHAT GOT IN THE WAY	ONE ADJUSTMENT
1			
2			
3			
4			

LEARN FROM THE MONTH

Habit Review

Progress is useful information. Review the pattern, then make next month easier.

Habit results

#	HABIT	DAYS / 31	WHAT I NOTICED
1			
2			
3			
4			
5			
6			
7			
8			

Reflection

Which habit felt most natural? _____

Which habit created the biggest benefit? _____

What made consistency harder? _____

What will I change next month? _____

Continue, adjust or release

CONTINUE	ADJUST	RELEASE

CONSISTENCY SCORE ____ / 10

NEXT MONTH'S FIRST HABIT _____

The future isn't something you wait for. It's something you build.