Habit tracker

Tick each day you do your habits, for four weeks.

Name _____ Date _____

Write your habits in the left column and tick each day you do them. Keep the list short.

Week 1

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 2

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 3

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Week 4

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

What helped on the days I did it? What got in the way on the days I did not?

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