

Habit tracker

Week of _____

One row per habit. Each day, tick the box or write the minutes.

Habit	Daily goal	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Days done

How to use it

Write each habit and its daily goal, for example "Read, 20 min" or "Phone, 1 hour or less".

Each day, tick the box, or write the minutes the habit really got.

On Saturday night, count the days you met the goal and write it under Days done.

Notes for next week