

HABIT TRACKER

MONTH OF: _____

Identify your habit, set a goal such as completing the habit 20 times in a single month, and determine a reward for meeting your goal. As you complete your habit, mark off the corresponding day of the month. Tally up how many days you completed the habit at the end of the month to check if you met your goal.

HABIT: _____ _____ _____ _____	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		
	GOAL:	COMPLETED:	REWARD:								

HABIT: _____ _____ _____ _____	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		
	GOAL:	COMPLETED:	REWARD:								

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	12	13	14	15	16	17	18	19	20	21	22
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	GOAL:	COMPLETED:	REWARD:								