

HABIT TRACKER

Habit 1:

When will you fit this in? _____

What can you habit stack it with? _____

Habit 2:

When will you fit this in? _____

What can you habit stack it with? _____

Habit 3:

When will you fit this in? _____

What can you habit stack it with? _____

Start date: _____

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

John C. Maxwell

HABIT TRACKER

"Today is your opportunity
to build the tomorrow
you want."
-Ken Poirot

The habit tracker is a circular grid with 31 days labeled around the perimeter. The days are numbered 1 through 31, starting from the top and moving clockwise. The grid is divided into four concentric rings, with the innermost ring being the narrowest and the outermost being the widest. The grid is currently empty, with no habits or dates filled in. Three dotted lines with arrowheads point to the first three rows of the grid, indicating where to write a habit name.

Day	Row 1	Row 2	Row 3	Row 4
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
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28				
29				
30				
31				

HABIT TRACKER

EXAMPLE

Habit 1: Floss teeth

When will you fit this in? Before bed, during night routine

What can you habit stack it with? after washing face, before applying cream

Habit 2: Make Bed

When will you fit this in? Morning routine

What can you habit stack it with? After getting out of bed, before leaving room

Habit 3: Daily walk

When will you fit this in? Lunch Hour

What can you habit stack it with? As soon as lunch starts before eating










Start date: January 1!

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

John C. Maxwell



HABIT TRACKER

	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	
																																
																																
																																
																																
																																
																																
																																
																																
																																

Motivation is what gets you started,

Habit is what keeps you going.

100 Day HABIT TRACKER

Start date: _____

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	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

Weekly Planner

DAY: _____ MONTH: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

TO DO LIST

- _____
- _____
- _____
- _____

SELF CARE:

5 week

HABIT TRACKER

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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HABIT

GOAL

M	T	W	T	F	S	S
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HABIT

GOAL

M	T	W	T	F	S	S
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HABIT

GOAL

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HABIT

GOAL

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HABIT

GOAL

M	T	W	T	F	S	S
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HABIT

GOAL