

30-day habit tracker

Up to eight habits across thirty days. Start on any date and total each row at the end.

START DATE

MY FOCUS FOR THESE 30 DAYS

HABIT + TARGET	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	/30

KEY Tick = completed Dash = not scheduled Blank = missed or not logged Blue lines mark each week

Write the start date above, then count days from there. The sheet works for any 30 days, not only calendar months.

WHAT WORKED?

ONE CHANGE FOR THE NEXT 30 DAYS