

30-day habit tracker

One habit for thirty days. Tick each day you do it; the weekly check-ins keep it realistic.

MY HABIT

DAILY TARGET

WHY IT MATTERS TO ME

START DATE

END DATE

WEEK								CHECK-IN
Week 1	1	2	3	4	5	6	7	Easier or harder?
Week 2	8	9	10	11	12	13	14	Easier or harder?
Week 3	15	16	17	18	19	20	21	Easier or harder?
Week 4	22	23	24	25	26	27	28	Easier or harder?
Week 5	29	30						Day 30 review:

KEY Tick = done Dash = planned rest day Blank = missed or not logged
A missed day is information, not a reset. Pick up again the next day.

DAYS DONE / 30

WHAT MADE IT EASIER?

WHAT I WILL KEEP OR CHANGE AFTER DAY 30