January 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH _____

HABIT + TARGET	F 1	S 2	S 3	M 4	T 5	W 6	T 7	F 8	S 9	S 10	M 11	T 12	W 13	T 14	F 15	S 16	S 17	M 18	T 19	W 20	T 21	F 22	S 23	S 24	M 25	T 26	W 27	T 28	F 29	S 30	S 31

KEY Tick = completed Dash = not scheduled Blank = missed or not logged

Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

_____

ONE CHANGE FOR NEXT MONTH

_____

February 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH _____

HABIT + TARGET	M 1	T 2	W 3	T 4	F 5	S 6	S 7	M 8	T 9	W 10	T 11	F 12	S 13	S 14	M 15	T 16	W 17	T 18	F 19	S 20	S 21	M 22	T 23	W 24	T 25	F 26	S 27	S 28

KEY Tick = completed Dash = not scheduled Blank = missed or not logged

Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

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ONE CHANGE FOR NEXT MONTH

_____

March 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH _____

HABIT + TARGET	M 1	T 2	W 3	T 4	F 5	S 6	S 7	M 8	T 9	W 10	T 11	F 12	S 13	S 14	M 15	T 16	W 17	T 18	F 19	S 20	S 21	M 22	T 23	W 24	T 25	F 26	S 27	S 28	M 29	T 30	W 31

KEY Tick = completed Dash = not scheduled Blank = missed or not logged

Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

_____

ONE CHANGE FOR NEXT MONTH

_____

April 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH

HABIT + TARGET	T 1	F 2	S 3	S 4	M 5	T 6	W 7	T 8	F 9	S 10	S 11	M 12	T 13	W 14	T 15	F 16	S 17	S 18	M 19	T 20	W 21	T 22	F 23	S 24	S 25	M 26	T 27	W 28	T 29	F 30

KEY Tick = completed Dash = not scheduled Blank = missed or not logged

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WHAT WORKED?

ONE CHANGE FOR NEXT MONTH

May 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH _____

HABIT + TARGET	S 1	S 2	M 3	T 4	W 5	T 6	F 7	S 8	S 9	M 10	T 11	W 12	T 13	F 14	S 15	S 16	M 17	T 18	W 19	T 20	F 21	S 22	S 23	M 24	T 25	W 26	T 27	F 28	S 29	S 30	M 31

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Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

_____

ONE CHANGE FOR NEXT MONTH

_____

June 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH _____

HABIT + TARGET	T 1	W 2	T 3	F 4	S 5	S 6	M 7	T 8	W 9	T 10	F 11	S 12	S 13	M 14	T 15	W 16	T 17	F 18	S 19	S 20	M 21	T 22	W 23	T 24	F 25	S 26	S 27	M 28	T 29	W 30

KEY Tick = completed Dash = not scheduled Blank = missed or not logged

Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED? _____

ONE CHANGE FOR NEXT MONTH _____

July 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH

HABIT + TARGET	T 1	F 2	S 3	S 4	M 5	T 6	W 7	T 8	F 9	S 10	S 11	M 12	T 13	W 14	T 15	F 16	S 17	S 18	M 19	T 20	W 21	T 22	F 23	S 24	S 25	M 26	T 27	W 28	T 29	F 30	S 31

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Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

ONE CHANGE FOR NEXT MONTH

August 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH

HABIT + TARGET	S 1	M 2	T 3	W 4	T 5	F 6	S 7	S 8	M 9	T 10	W 11	T 12	F 13	S 14	S 15	M 16	T 17	W 18	T 19	F 20	S 21	S 22	M 23	T 24	W 25	T 26	F 27	S 28	S 29	M 30	T 31

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Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

ONE CHANGE FOR NEXT MONTH

September 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH _____

HABIT + TARGET	W 1	T 2	F 3	S 4	S 5	M 6	T 7	W 8	T 9	F 10	S 11	S 12	M 13	T 14	W 15	T 16	F 17	S 18	S 19	M 20	T 21	W 22	T 23	F 24	S 25	S 26	M 27	T 28	W 29	T 30

KEY Tick = completed Dash = not scheduled Blank = missed or not logged

Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

_____

ONE CHANGE FOR NEXT MONTH

_____

October 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH

HABIT + TARGET	F 1	S 2	S 3	M 4	T 5	W 6	T 7	F 8	S 9	S 10	M 11	T 12	W 13	T 14	F 15	S 16	S 17	M 18	T 19	W 20	T 21	F 22	S 23	S 24	M 25	T 26	W 27	T 28	F 29	S 30	S 31

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Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

ONE CHANGE FOR NEXT MONTH

November 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH

HABIT + TARGET	M 1	T 2	W 3	T 4	F 5	S 6	S 7	M 8	T 9	W 10	T 11	F 12	S 13	S 14	M 15	T 16	W 17	T 18	F 19	S 20	S 21	M 22	T 23	W 24	T 25	F 26	S 27	S 28	M 29	T 30

KEY Tick = completed Dash = not scheduled Blank = missed or not logged

Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

ONE CHANGE FOR NEXT MONTH

December 2027

2027 habit tracker, Monday-start weeks. One mark per day; a small routine is enough.

MY FOCUS THIS MONTH _____

HABIT + TARGET	W 1	T 2	F 3	S 4	S 5	M 6	T 7	W 8	T 9	F 10	S 11	S 12	M 13	T 14	W 15	T 16	F 17	S 18	S 19	M 20	T 21	W 22	T 23	F 24	S 25	S 26	M 27	T 28	W 29	T 30	F 31

KEY Tick = completed Dash = not scheduled Blank = missed or not logged

Shaded columns are weekends. A blue line closes each Monday-start week, after Sunday.

WHAT WORKED?

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ONE CHANGE FOR 2028

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