

# Weekly habit tracker

Sunday start. Choose when each habit is due before you begin.

WEEK OF \_\_\_\_\_

MY FIRST HABIT \_\_\_\_\_

| HABIT + TARGET | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------|-----|-----|-----|-----|-----|-----|-----|
|                |     |     |     |     |     |     |     |
|                |     |     |     |     |     |     |     |
|                |     |     |     |     |     |     |     |
|                |     |     |     |     |     |     |     |
|                |     |     |     |     |     |     |     |

KEY Tick = completed Dash = not scheduled  
Blank = missed or not logged. You can also write an amount, such as minutes.

## REVIEW THE PLANNED DAYS

What fitted your week? What got in the way?

\_\_\_\_\_

## ONE SMALL CHANGE FOR NEXT WEEK

\_\_\_\_\_