

The Habit Tracker

A monthly grid, a weekly tracker, and a habit design card. Print it, pick three habits at most, and check a box every day you show up.

Read this first. It takes 60 seconds.

Track three habits, not ten. A full grid looks ambitious on day one and discouraging on day nine. Start with the smallest set you could keep on your worst week, then add one once the first three feel automatic.

Decide what "done" means before you start. "Exercise" is not trackable. "Walk 20 minutes, any pace" is. If you have to argue with yourself about whether a box counts, the definition is too loose.

Never miss twice. One missed day is noise. Two in a row is the start of a new pattern. When you see a single empty box, the only job tomorrow is to fill the next one, even with the tiny version.

Keep it where you will see it. A tracker in a drawer tracks nothing. Tape it inside a cupboard door, next to your toothbrush, or on the fridge.

MARKING SYSTEM

✓ done • ○ missed • leave blank for days that have not happened yet. Some people shade a box with a tiny version so they can see the difference later. That works too.

WHAT IS INSIDE

Four tools, one job each

Habit design cards (page 3). Fill these in before you track anything. They turn a vague intention into a cue, a tiny version, and a plan for the day it goes wrong.

Monthly tracker (page 4). The 31-day grid. Best for spotting streaks and the days of the week you tend to drop off.

Weekly tracker (page 5). Room for up to eight habits with a "done means" column. Best if you are rebuilding a routine from scratch and want to see each week on its own.

Monthly review (page 6). Ten minutes at the end of the month. Keep, adjust, or drop each habit, on purpose, instead of letting it fade.

STEP 1

Habit design cards

Anchor each habit to something you already do every day. The tiny version is what you do on a bad day so the chain survives.

HABIT 1

The habit

After I...

Tiny version

Done means

If this goes wrong

HABIT 2

The habit

After I...

Tiny version

Done means

If this goes wrong

HABIT 3

The habit

After I...

Tiny version

Done means

If this goes wrong

STEP 2

Monthly habit tracker

Month

Focus this month

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

LOOK FOR THE PATTERN, NOT THE SCORE

At the end of the month, look down the columns, not across the rows. If the same weekday keeps breaking, that is a schedule problem you can plan around.

Weekly habit tracker

Week of _____

One word for this week _____

HABIT	DONE MEANS	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

What made it easy _____

What got in the way _____

Next week I will _____

STEP 4

Monthly review

Ten minutes, last day of the month. Every habit gets a decision.

HABIT	DAYS	WHAT I LEARNED	KEEP / ADJUST / DROP

Biggest win

Add next month

WHEN TO STOP TRACKING

Once a habit happens without the tracker reminding you, for most of a month, retire it from the sheet. That frees a row for the next one.