

HABIT TRACKER

SMALL HABITS. BIG CHANGE.
YOU DON'T HAVE TO BE PERFECT, JUST CONSISTENT.


PROGRESS
OVER
PERFECTION.
YOU'VE GOT
THIS.

★ MONTHLY HABIT TRACKER

MONTH: _____

MY HABITS	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
1. _____ HABIT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
2. _____ HABIT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
3. _____ HABIT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
4. _____ HABIT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5. _____ HABIT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6. _____ HABIT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

★ HABIT CHECK-IN

This month, I...

- ☐ Showed up for myself
- ☐ Stayed consistent, even on tough days
- ☐ Built habits that support my goals
- ☐ Made progress I can be proud of
- ☐ Kept going, no matter what

♥ MONTH-END REFLECTION

- ♥ What habits helped me the most this month?

- 💭 What challenges got in the way?

- ★ What will I focus on next month?



CONSISTENCY ISN'T ABOUT **BEING PERFECT.**
IT'S ABOUT CHOOSING YOUR GOALS
EVERY DAY, OVER AND OVER AGAIN.

Keep showing up! ♥

