

HABIT TRACKER

Month Of _____ / _____

Made Daily Plan

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		

Days completed ____ / Total days ____ = ____ %

Followed Daily Plan

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		

Days completed ____ / Total days ____ = ____ %

Ate When Hungry

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		

Days completed ____ / Total days ____ = ____ %

Stopped At Enough

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		

Days completed ____ / Total days ____ = ____ %

Daily Vibe Check

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		

Days completed ____ / Total days ____ = ____ %

Habit:

1	2	3	4	5	6	7	8	9	10	11
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Days completed ____ / Total days ____ = ____ %

Habit:

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Days completed ____ / Total days ____ = ____ %