

Choose up to 8 habits to track. Mark each completed day with a tick, an X, or shade the cell. Don't aim for perfection — aim for consistency. Missing one day is fine; missing two in a row is a warning sign.

Month: _____ Starting date: _____

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
1. _____																															
2. _____																															
3. _____																															
4. _____																															
5. _____																															
6. _____																															
7. _____																															
8. _____																															

End-of-Month Review

Which habit had the best completion rate? What made it stick?

Which habit struggled most? What got in the way?

What will I adjust for next month?
