

## **HABIT TRACKER**

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

Instructions: Fill in your habits/goals for the month down the left column. Then, as each day passes, fill in or "X" the square as you complete your goal. At the end of the month, check your progress and celebrate successes. Evaluate changes for next month and do it again! I like to use colored pens to make it pretty! :-) I'd encourage you to go ahead and print all 12 pages for the full year so you don't have an excuse to stop tracking! Put them in a folder or notebook or just staple them together so you have them at your fingertips! Have fun!