Monthly Habit Tracker

Write the month and up to ten habits. Mark each completed day.

Month / year

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

What worked this month

Weekly Habit Tracker

Fill in the week, choose up to five habits, and review what helped.

Week of

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Plan for next week

Minimalist 31-Day Grid

One habit, one mark each day. Shade the cells beyond the end of the month.

Month / year

My 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				

What made this habit easier?

Habit Checklist

Choose a task in each section. Add a check when you complete it.

Week of _____

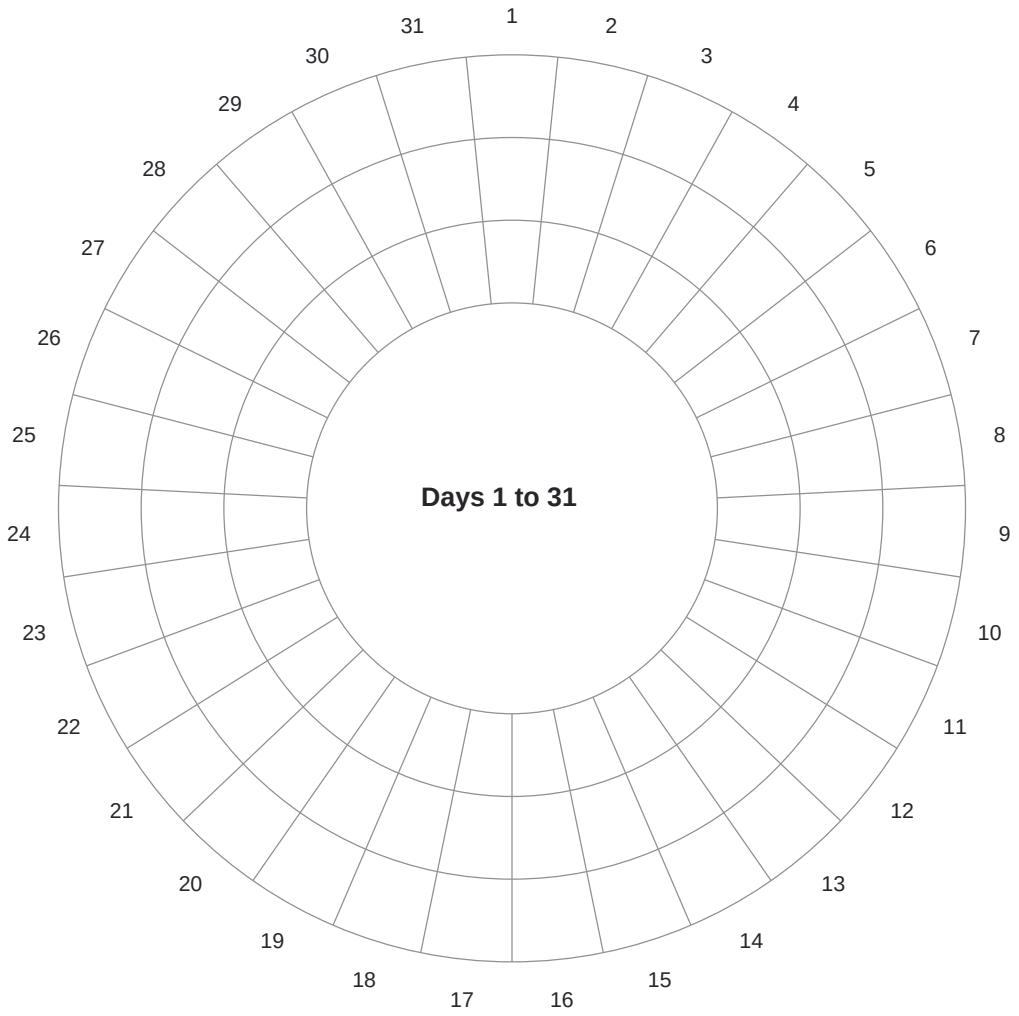
Morning	Daytime	Evening
☐	☐	☐
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One task to make easier next week

Circular Habit Tracker

Write three habits in the legend. Fill in the matching ring each day.

Month / year



Inner ring

Middle ring

Outer ring

Floral Habit Tracker

Give each row one small action and mark your days in pencil or color.

Month / year

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

What worked this month

Self-Care Tracker

Choose your own care actions and make room for rest.

Week of

Care action	Mon	Tue	Wed	Thu	Fri	Sat	Sun

What supported me this week?

Reading Habit Tracker

Record a short reading session and any notes you want to remember.

Week of

Day	Title or session	Pages / min	Note
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Where I will pick up next

Study Routine Tracker

Plan focused sessions and end the week by choosing what to review.

Week of

Day	Subject / task	Plan	Done	Review later
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Next topic to review

Household Routine Tracker

Assign daily or flexible chores. Record who will do each one.

Week of

Routine	Who	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Flexible jobs to move to another day

Water Intake Tracker

Choose your own serving size and mark a box each time you finish one.

Week of

Serving size (your choice)

Day								
Mon	☐	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐	☐

Notes

Creative Habit Tracker

Log small creative sessions and leave one clue for the next session.

Week of

Day	Project	Time	Next step
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Supplies or ideas for next time