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My habit for 2027

2027 Habit Tracker

One habit, one year, one page. Fill a circle every day you do it. Shaded boxes are weekends; striped boxes are days that do not exist in 2027.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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	○		○		○		○	○		○		○

○ not yet ● done ● missed on purpose (rest day)

Why this habit matters to me

Best month and why

Missed a day? Never miss two in a row.

Plan my 2027 habit

Ten minutes before 1 January. Answer each box honestly; this page is the reason the tracker on page 1 survives February.

My habit for 2027

Say it the way you would say it to a friend.

The smallest version I can do on a bad day

Two pages, not one chapter. Five minutes, not an hour.

When and where I will do it

After I … (an existing habit), I will … (the new one).

What might stop me, and my plan B

If it rains, if I travel, if I am ill.

How I will celebrate

Something small, the same day, that fits the habit.

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Monthly check-ins

On the last day of each month: count the circles on page 1, colour the bars, and write one thing that helped.

January days done ____

Colour one bar for every 3 days done.

February days done ____

Colour one bar for every 3 days done.

March days done ____

Colour one bar for every 3 days done.

April days done ____

Colour one bar for every 3 days done.

May days done ____

Colour one bar for every 3 days done.

June days done ____

Colour one bar for every 3 days done.

July days done ____

Colour one bar for every 3 days done.

August days done ____

Colour one bar for every 3 days done.

September days done ____

Colour one bar for every 3 days done.

October days done ____

Colour one bar for every 3 days done.

November days done ____

Colour one bar for every 3 days done.

December days done ____

Colour one bar for every 3 days done.

Look for patterns, not perfection.

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Year in review

Fill this in at the end of December 2027. Keep it with your tracker; next year it will be the most useful page you own.

Total days done in 2027

_____ / 365

100 200 300 365

Colour each milestone badge when you reach it.

My best month, and why

My hardest month, and what I learned

What changed in me this year

My habit for 2028

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How to use this pack

Five pages, one habit, one year.

1

Pick one habit

One habit for the whole year. More habits? Use our monthly tracker for those.

2

Write your plan

Page 2 takes ten minutes and makes the habit specific.

3

Fill a circle a day

Done: fill it. Planned rest day: colour it coral. Missed: leave it.

4

Check in monthly

Page 3, on the last day of each month. Two minutes.

5

Review the year

Page 4, in December. Then choose your 2028 habit.

Printing and tips

- Print at Actual size (100%). Pick the A4 or US Letter file that matches your paper.
- Stick page 1 where the habit happens: fridge, desk, bathroom mirror.
- Missed a day? Never miss two in a row. A missed day is information, not failure.
- Want less ink? Every Tick & Bloom pack has a low-ink version.