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Month

Year

# Monthly Habit Tracker

Write up to 10 habits. Tick a circle each day you do one. Count your ticks at the end of the month.

| My habits | 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 | Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |
| | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | ○ | |

## One habit to focus on

## Wins this month

## Notes

**Missed a day? Never miss two in a row.**

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Month

# Plan my month

Choose three to five habits. Write the smallest version you could still do on a tired day, and when and where it happens.

| | Habit | Smallest version | When / where |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |

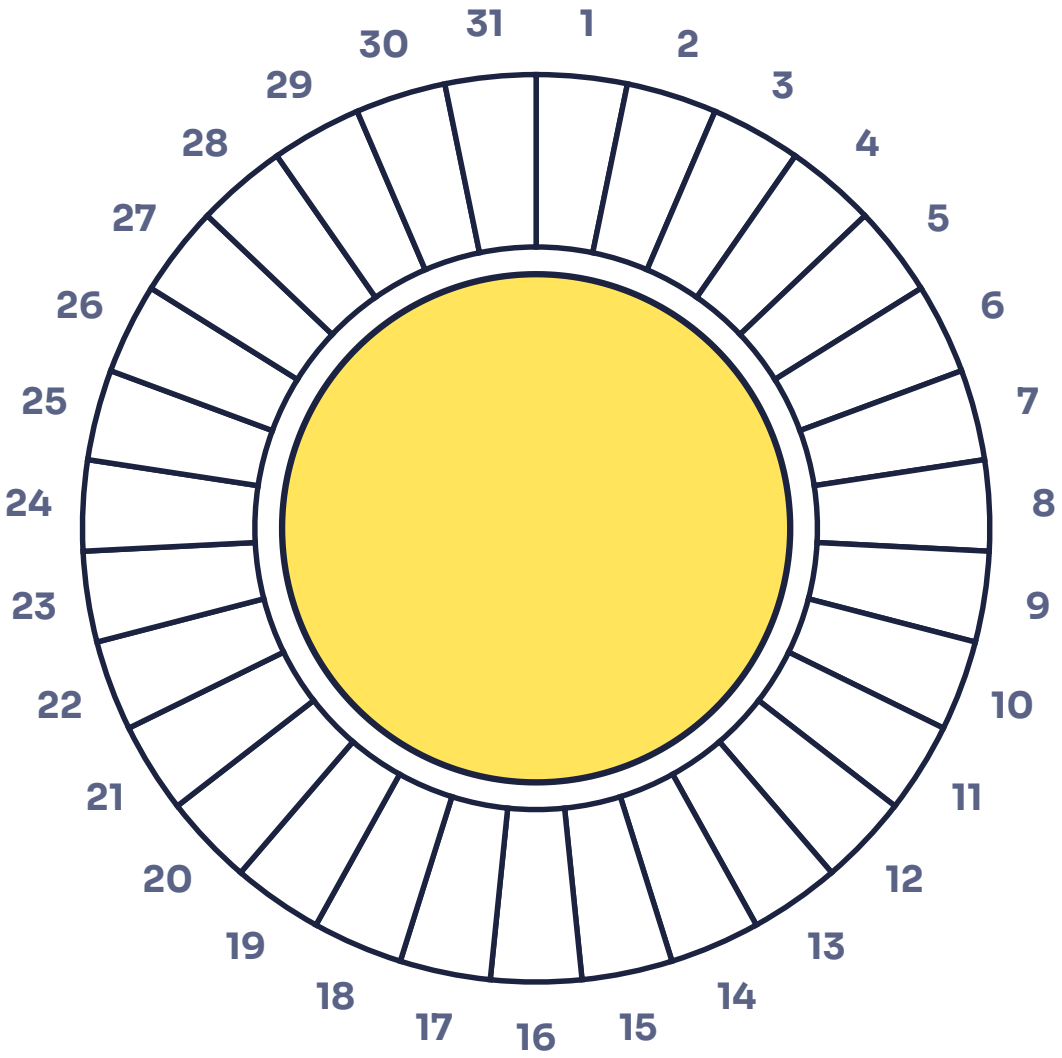
## This month I want to feel

## My reward if I keep going

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# Month in circles

For the one habit that matters most. Colour a slice for every day you do it and watch the circle close.




My focus habit

**Days in a row, best streak**

**What helped most**

**Missed a day? Never miss two in a row.**

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# Month review

Ten minutes on the last evening of the month. Copy your habits, colour one block per day done, then decide what happens next month.

## Colour your totals

_____ ___ /31

_____ ___ /31

_____ ___ /31

_____ ___ /31

_____ ___ /31

_____ ___ /31

**Keep**

Flowed easily

**Shrink**

Only on good days

**Drop**

Not for me now

## One lesson for next month

**Look for patterns, not perfection.**

# How to use this pack

One month, five pages. Undated, so it works for any month you start.

1 **Plan**
Page 2: three to five habits, each at its smallest honest size.

2 **Track**
Page 1: tick a circle the same day you do the habit.

3 **Focus**
Page 3: one habit in the circle, for the satisfaction of closing it.

4 **Review**
Page 4: count, colour, and keep, shrink or drop.

5 **Repeat**
Print a fresh pack and carry one lesson forward.

## Printing tips

- Print at Actual size (100%) on the paper size that matches your file.
- Put page 1 where the habits happen: fridge, desk or mirror.
- Short month? Cross out the days that do not exist before you start.
- Want less ink? Use the low-ink version of this pack.

Free printable from tickandbloom.com. For personal use.