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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
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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

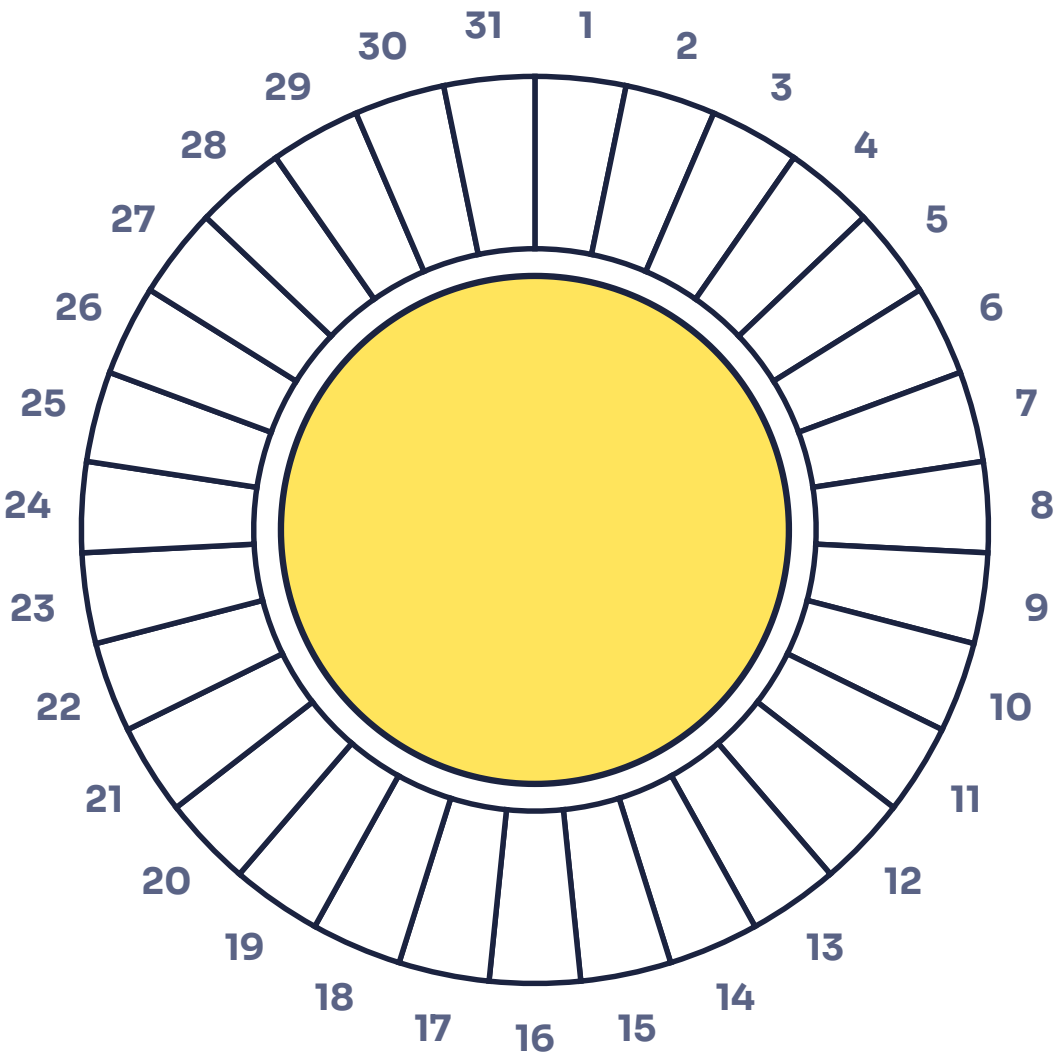
My reward if I keep going

Three habits you keep beat ten you drop.

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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
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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.