Start Here

Your free kids' habit tracker pack.

How to print

1. Open the file for your paper: this pack comes in US Letter and A4.
2. In the print dialog choose 'Actual size' or 100% scale - never 'Fit to page'.
3. Short on ink? Print the black & white pages at the back of this pack instead.

What's inside

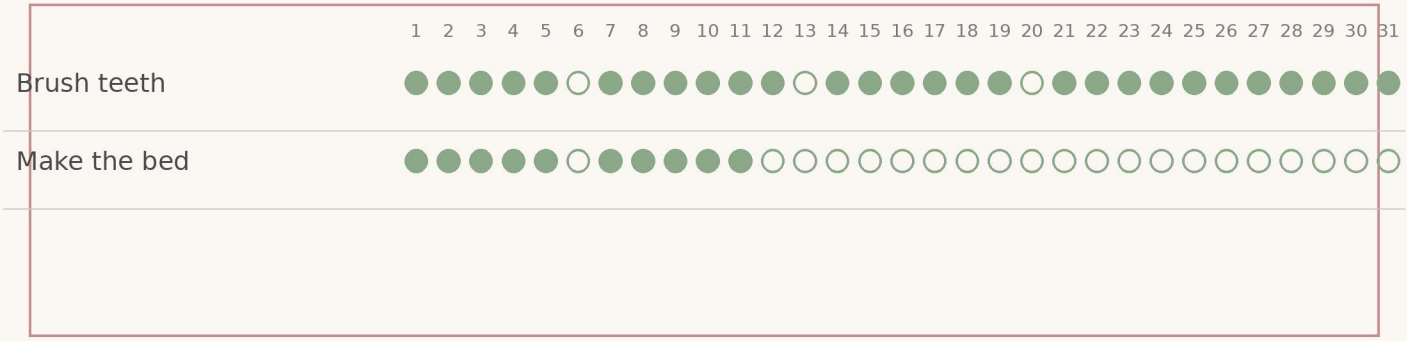
Page 2: the tracker, with a filled example at the top.

Page 3: your blank monthly tracker - big circles for little hands.

Page 4: a black & white ink-saver copy of the tracker.

Filled example - yours is blank, like this but empty

Filled example - yours is blank, like this but empty

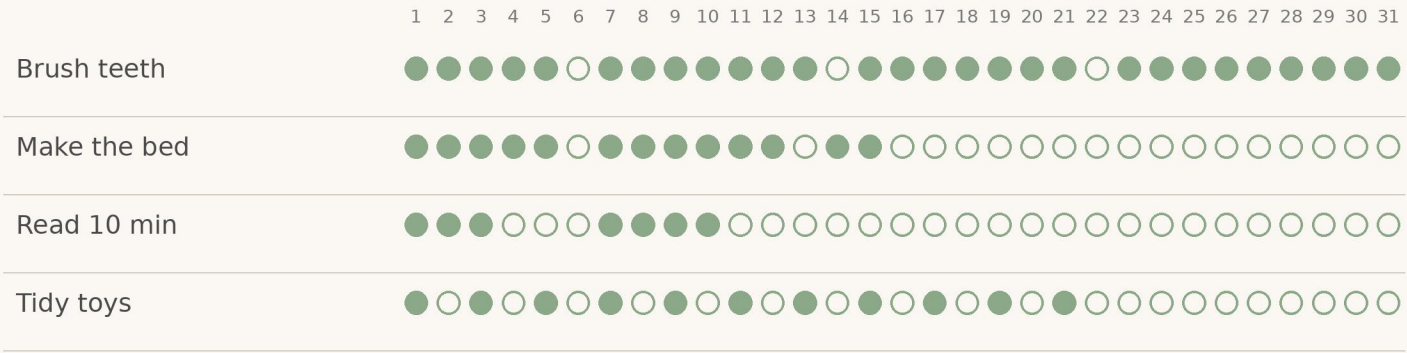


My Habit Tracker

See how it works - then make it yours.

My name: _____

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



A filled example - the next page is blank, ready for your pen.

My Habit Tracker

Colour a circle every day you do it.

My name: _____

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

Pick 3-4 habits with your child and write them on the left. Ideas by age:

Ages 4-6

- Brush teeth
- Hang up coat
- Shoes by the door
- Tidy toys
- Water one plant

Ages 7-9

- Make the bed
- Pack school bag
- Read 10 minutes
- Screens off on time
- Feed the pet

Ages 10-12

- Homework first
- Read 20 minutes
- Lay out clothes
- Desk clear at night
- In bed on time

Legend: empty circle = not yet · coloured circle = done! · 4 full weeks = graduate the habit

My Habit Tracker

Ink-saver version - print me in black & white.

My name: _____

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

Print this page in black & white to save ink.