66-Day Habit Challenge Tracker

One habit, 66 days, one tick at a time

Pick one habit and track it every day for 66 days. This pack is undated, so you can start on any day that suits you. There is no set of rules to follow - your one habit is yours to choose, and the smallest daily version of it counts.

My Day 1 date: _____

My ONE habit: _____

What's inside

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Before you print

Print at 100% scale (Actual size). This pack comes in A4 and US Letter - use the file that matches your paper.

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What 66 Days Means

A challenge length, not a promise

Why 66 days?

In one widely cited study, the median time for a new behaviour to feel automatic was 66 days. The range was wide: from 18 to 254 days. So 66 days is a middle value from one study - not a promise, and not a deadline. This pack uses 66 days as a challenge length. It does not promise that your habit will feel automatic on Day 66.

What the challenge is

Pick ONE habit before Day 1. Do its smallest daily version every day for 66 days, and tick it off. That is the whole challenge. One habit, not five. Small and daily beats big and occasional.

What it is not

It is not a set of rules. There is no water target, no reading target and no workout target in this pack - those belong to other challenges. There is nothing to buy and no score to pass. The stages below are a pacing device, not a rule set.

Before Day 1, choose your habit

My habit: _____

Why it matters to me: _____

My smallest daily version: _____

When and where I will do it: _____

The three 22-day stages

Stage 1, Days 1-22: settling in - find the easiest time of day and keep the daily version small. Stage 2, Days 23-44: keeping going - the novelty wears off, the routine carries you. Stage 3, Days 45-66: finishing strong - notice what has changed about your days, and what you want to keep doing after Day 66.

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How to Use This Pack

Print it, start any day, tick as you go

The daily rhythm

1. Print the pack and write your Day 1 date and your one habit on the cover.
2. Each day, tick the Done box in the grid and note how long you spent, or how much effort it took.
3. Use the Notes column for anything worth remembering.
4. At the end of each week, fill in the weekly check-in.
5. At Day 22 and Day 44, pause for the stage review. At Day 66, fill in the final reflection on the closing page.

Tick key

✓ = habit done

☐ = habit not done - note why

If you miss a day

Record the missed day honestly in the grid - leave the tick box blank, or note what happened in the Notes column - and keep going the next day. A missed day does NOT restart this challenge, and you do not back-fill ticks you did not earn. This is this guide's rule: keep going, record honestly, no restart.

Gentle tip

A missed day in the record is not a failed challenge. An honest grid is more useful than a perfect-looking one.

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Challenge Grid - Stage 1

Days 1-22

Days 1-22 - one tick per day

Done: tick the box · Minutes / effort: how long, or how it went · Notes: anything worth remembering.

Day	Done	Minutes / effort	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			

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Challenge Grid - Stage 2

Days 23-44

Days 23-44 - one tick per day

Done: tick the box · Minutes / effort: how long, or how it went · Notes: anything worth remembering.

Day	Done	Minutes / effort	Notes
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			
41			
42			
43			
44			

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Challenge Grid - Stage 3

Days 45-66

Days 45-66 - one tick per day

Done: tick the box · Minutes / effort: how long, or how it went · Notes: anything worth remembering.

Day	Done	Minutes / effort	Notes
45			
46			
47			
48			
49			
50			
51			
52			
53			
54			
55			
56			
57			
58			
59			
60			
61			
62			
63			
64			
65			
66			

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Filled Example

Days 1-7 - how an honest week can look

Example habit: read for 15 minutes before bed. This is an example, not a target. Note Day 4: the tick box is blank, and the note says why. A missed day does not restart this challenge - that is honest tracking.

Day	Done	Minutes / effort	Notes
1	✓	*15 min*	*First day - read before bed*
2	✓	*15 min*	*pp. 1-12*
3	✓	*20 min*	*Kept going after a long day*
4			*Busy day - missed, kept going*
5	✓	*15 min*	*Back on track*
6	✓	*15 min*	*pp. 40-52*
7	✓	*15 min*	*Week done - check-in p. 10*

Your turn
Your grid is blank on purpose. Fill it in pen, one day at a time - that is the whole method.

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Day 22 Stage Review

Stage 1 done - pause and reflect

How are things going?

What helped most in Stage 1?

What got in the way?

Is your smallest daily version still right?

One simplification for Stage 2:

What do you want to keep doing?

No scoring
This page is a reflection, not a score. There is nothing to pass here - only things to notice.

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Day 44 Stage Review

Stage 2 done - pause and reflect

How are things going?

What helped most in Stage 2?

What got in the way?

Is your smallest daily version still right?

One simplification for Stage 3:

What do you want to keep doing?

No scoring
This page is a reflection, not a score. There is nothing to pass here - only things to notice.

Weekly Check-In

A short pause at the end of each week

Week 1

Went well:

To adjust:

One change next week:

Week 2

Went well:

To adjust:

One change next week:

Week 3

Went well:

To adjust:

One change next week:

Week 4

Went well:

To adjust:

One change next week:

Week 5

Went well:

To adjust:

One change next week:

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Weekly Check-In

A short pause at the end of each week

Week 6

Went well:

To adjust:

One change next week:

Week 7

Went well:

To adjust:

One change next week:

Week 8

Went well:

To adjust:

One change next week:

Week 9

Went well:

To adjust:

One change next week:

Day 66 space

Went well:

To adjust:

One change next week:

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Habit Log

Minutes or effort, Days 1-66

A companion to the grid, not a second grid. Use this page when you want the numbers in one place: how long you spent each day. Skip any day you do not need it.

Day	Days 1-22	Day	Days 23-44	Day	Days 45-66
1		23		45	
2		24		46	
3		25		47	
4		26		48	
5		27		49	
6		28		50	
7		29		51	
8		30		52	
9		31		53	
10		32		54	
11		33		55	
12		34		56	
13		35		57	
14		36		58	
15		37		59	
16		38		60	
17		39		61	
18		40		62	
19		41		63	
20		42		64	
21		43		65	
22		44		66	

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Obstacle Plan

Plan for the hard days, before they arrive

Hard days are part of a 66-day challenge, not a sign it is failing. Write down your three most likely obstacles now, and what you will do when each one shows up.

Obstacle 1

If this happens: _____

I will: _____

Obstacle 2

If this happens: _____

I will: _____

Obstacle 3

If this happens: _____

I will: _____

My smallest daily version - a reminder

On a hard day, the smallest version still counts. Write it here so you can find it:

_____

Gentle tip

A small day kept is worth more than a perfect day skipped. The grid remembers the small days too.

Notes

Lined, undated - use it however you like

Notes

Lined, undated - use it however you like

Day 66 - Look Back

Then look ahead: sixty-six days of one small habit

Your 66 days, in your own words

Which parts of the habit stuck most easily?

What do you want to keep doing after Day 66?

What was the hardest part of the 66 days?

What would you change if you did it again?

Next steps - when you are ready

When you are ready for a longer challenge, the Soft vs Medium comparison hub will help you choose your next level. It is not live yet, so no link is printed here - look for it on the free printables page when it appears.

Find every free pack at tickandbloom.com - and pin your favourite pages so other gentle planners can find them too.

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