Yearly Habit Tracker

One habit · one year · one page

Year _____ **My one habit** _____

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
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23												
24												
25												
26												
27												
28												
29		leap year										
30												
31												

Key: Done · Partly / smallest version · Leave blank: not today

Colour or tick one box a day. Missed a day? Never miss twice, then carry on. Grey boxes are days that do not exist.

Monthly Check-ins

Two minutes at the end of each month

Year _____ **My one habit** _____

January

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

February

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

March

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

April

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

May

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

June

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

July

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

August

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

September

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

October

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

November

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

December

Days done: ____ / ____
Best streak: ____
What helped:

Next month I will:

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Low-ink version · one habit, one year, one page

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