30-Day Habit Tracker

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

TIP

Mark each square when you complete the habit. Aim for streaks — but if you break the chain, don't quit.
Studies show 21–66 days to build a habit. Be patient with yourself.
Suggested habits: drink water · 10 min walk · journal · stretch · read · sleep by 11