The Habit Tracker

Log the habits you want to build.

Start Date: _____

Habit A:

_____

Habit B:

_____

Habit C:

_____

Grid Guide

☐ – Done

☐ – Did Not Do

☐ – Don't Need To Do Today

☐ – _____

Fill Boxes w/ Desired Shape e.g. "|", "x", "+"
Or Use Colors

Tips & Guide:
https://sortoutmy.life/habit-tracker

"After a few days you'll have a chain. Just keep at it and the chain will grow longer every day. You'll like seeing that chain, especially when you get a few weeks under your belt. Your only job next is to not break the chain." -Jerry Seinfeld

	Jan			Feb			Mar			Apr		
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Month's Score: _____

	May			Jun			Jul			Aug			Sep			Oct			Nov			Dec		
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