

HABIT TRACKER

How to use this page:

On each line, write a specific habit you want to form such as 'drink 6 glasses of water' or 'read a chapter of a book'. Each day of the month that you do it, colour in the box. How long a streak can you make?

A semi-circular habit tracker grid. The top row is labeled "habit" and the columns are numbered 1 to 31. A horizontal line is labeled "month". The grid is composed of 12 rows and 31 columns of small squares, arranged in a semi-circle.



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