

30-day habit tracker

Habit

Start date

Smallest version I will do on a bad day

Tick a box each day you do the habit. If you miss a day, carry on with the next one.

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

Days done, out of 30

What I will change for the next 30 days