

MONTHLY HABIT TRACKER

Month: _____ | Fill a box each day you complete the habit.

	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	31
Habit 1: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 2: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 3: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 4: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 5: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 6: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 7: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 8: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 9: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Habit 10: _____	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

Don't break the chain. Two misses in a row is the only failure.

WEEKLY WORKOUT LOG

Week of: _____

DAY 1 — Focus: _____

[illegible]

DAY 2 — Focus: _____

[illegible]

DAY 3 — Focus: _____

[illegible]

DAY 4 — Focus: _____

[illegible]

WEEKLY CHECK-IN

Weigh in at the same time each day. Trust the weekly average, not the daily number.

Week 1 Mon __ Tue __ Wed __ Thu __ Fri __ Sat __ Sun __ AVG: ____ Waist: ____

Week 2 Mon __ Tue __ Wed __ Thu __ Fri __ Sat __ Sun __ AVG: ____ Waist: ____

Week 3 Mon __ Tue __ Wed __ Thu __ Fri __ Sat __ Sun __ AVG: ____ Waist: ____

Week 4 Mon __ Tue __ Wed __ Thu __ Fri __ Sat __ Sun __ AVG: ____ Waist: ____

Week 5 Mon __ Tue __ Wed __ Thu __ Fri __ Sat __ Sun __ AVG: ____ Waist: ____

Week 6 Mon __ Tue __ Wed __ Thu __ Fri __ Sat __ Sun __ AVG: ____ Waist: ____

REFLECTION

What worked this month?

What got in the way?

One change for next month: