

# Monthly Habit Tracker

Date \_\_\_\_\_

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Made 24 hour plan

Percentage complete

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



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Followed 24 hour plan

Percentage complete

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



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Assessed 24 hour plan

Percentage complete

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



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64 oz water

Percentage complete

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



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7+ hours sleep

Percentage complete

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



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**Followed hunger scale**

Percentage complete

- 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



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**Thought downloads or journaling**

Percentage complete

- 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



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**Other** \_\_\_\_\_

Percentage complete

- 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



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**Other** \_\_\_\_\_

Percentage complete

- 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



**What do the numbers tell me this month? What did I learn?**

**What habit can I improve on next month? How can I make it easier for myself to complete this habit?**