

MONTHLY HABIT TRACKER

A simple printable worksheet to build routines, track consistency, and reflect on your progress.

Month: _____

My main goal: _____

HOW TO USE

Write one habit in each row. Mark the day when you complete it. At the end of the month, review what worked and choose one small improvement.

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	TOTAL
1. _____																																
2. _____																																
3. _____																																
4. _____																																
5. _____																																
6. _____																																
7. _____																																
8. _____																																
9. _____																																
10. _____																																

MONTH-END REFLECTION

What went well?	
What made my habits difficult?	
One small change for next month:	

Reminder: Consistency matters more than perfection. Missing a day is not failure—start again the next day.