Habit Tracker

MONTH _____ YEAR _____

HABITS

		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
1																															
2																															
3																															
4																															
5																															
6																															
7																															
8																															

SUCCESS RATE

1		__%
2		__%
3		__%
4		__%
5		__%
6		__%
7		__%
8		__%

We are what we repeatedly do.

Aristotle

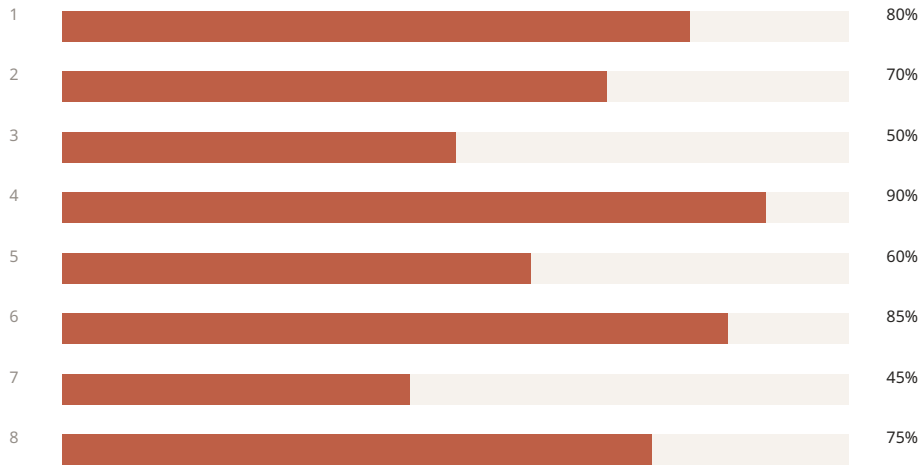
Habit Tracker

MONTH *June* YEAR *2026*

HABITS

		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
1	*Morning stretch (5 min)*	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓		✓	✓	✓		✓
2	*Read 10 pages*			✓		✓	✓		✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓
3	*No phone in bed*							✓	✓	✓	✓	✓			✓		✓		✓	✓	✓		✓			✓	✓			✓	✓
4	*Drink 8 glasses water*	✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
5	*Walk 30 minutes*		✓		✓	✓	✓	✓				✓	✓			✓	✓	✓			✓	✓	✓	✓		✓	✓	✓		✓	✓
6	*Floss teeth*		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
7	*Journal 3 sentences*				✓	✓	✓		✓	✓	✓	✓	✓	✓		✓			✓						✓		✓	✓	✓	✓	
8	*In bed by 11pm*	✓		✓	✓			✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	✓		✓	✓	✓

SUCCESS RATE



We are what we repeatedly do.