



Habit Tracker

Use this habit tracker to build consistency and momentum. Choose up to 5 habits you want to track and check off each day you complete them. Review weekly to celebrate progress and adjust as needed.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1							
Habit 2							
Habit 3							
Habit 4							
Habit 5							

Weekly Reflection

What did you learn about your routines this week? What felt easy? What got in the way?
