

Monthly habit tracker

MONTH _____ YEAR _____

BEST RUN THIS MONTH

_____ days

COMEBACKS (RETURNED AFTER A GAP)

|||

Missed a day? *Your progress didn't disappear.*

Shade the next day and keep going – one gap changes nothing. Just don't miss twice.

Shade a box for each day you show up. GOAL: write "daily", "3x/wk" or an amount like "8 glasses".

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