



Habit Tracker

Habits don't break because you're lazy. They break because nothing keeps score. Fill one circle a day — the point isn't a perfect row, it's seeing the pattern honestly.

HOW TO USE THIS

1. Pick 5 habits at most. More than that and none of them stick.
2. Write each one as an action you can finish, like "walk 10 minutes" — not "get fit".
3. Fill the circle on the days you did it. Leave it empty if you didn't. No crosses, no guilt.
4. At the end of the week, look at the rows — not to judge, just to notice.

YOUR HABITS THIS MONTH

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
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Which habit felt easiest — and why?

Which one kept slipping? What got in the way?

One thing to remember: a missed day is data, not failure. What matters is never missing twice in a row — that's the point where a habit quietly stops being a habit.