

HABIT TRACKER

Don't Break the Chain

Pick one habit. Put an X in a box every day you do it. Keep the chain alive.

My one 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	32	33	34	35
36	37	38	39	40	41	42

Longest streak Current streak

Miss a day? Start the chain again. No guilt, just begin.

