

Habit Tracker

A habit tracker is a simple way to measure a habit you've completed. Habit trackers like the ones in this program, help you develop good habits and accomplish your goals by creating accountability. This tracker is a good way to physically see that you are completing your habit every day.

Fill in the line with a habit you'd like to start tracking, for example drinking more water. Each day that you drink the amount of water you want, you will color/fill your box for that day. The idea is to fill the habit tracker for the full month. Studies show it takes an average of 66 days to create a habit.

50 HABIT TRACKER

Ideas

SELF CARE AND BEAUTY

- ☐ Manicure or Pedicure
- ☐ Style Hair
- ☐ Wash and Moisturize Face
- ☐ Mental Health Check
- ☐ Self Care
- ☐ Make Up
- ☐ Hobbies
- ☐ No Phone Time
- ☐ Daily Journaling
- ☐ Compliment Myself
- ☐ Laugh Today
- ☐ Watch 1 Episode of Favorite Show
- ☐ Read
- ☐ Learn Something New

FAMILY AND RELATIONSHIPS

- ☐ Read To Child
- ☐ Quality Time with Family
- ☐ Educational Play with Kids
- ☐ Compliment my Husband
- ☐ Call a Family Member
- ☐ Call a Friend

HOME AND FAMILY CARE

- ☐ Eat Breakfast
- ☐ Cooked Dinner
- ☐ Packed Lunch
- ☐ Cleaned House
- ☐ One Load of Laundry
- ☐ Walk Dogs
- ☐ Play With Cats
- ☐ Declutter

MONEY AND PRODUCTIVITY

- ☐ No Spending
- ☐ Pay Bills
- ☐ Create Daily To Do's the Night Before
- ☐ Finished To Do List

HEALTHY

- ☐ No Cigarettes
- ☐ Drank Water
- ☐ Exercised
- ☐ No Soda
- ☐ No Alcohol
- ☐ Veggie Servings
- ☐ Fruit Servings

TRY SOMETHING NEW

- ☐ Try a New Craft or Hobby
- ☐ Smile at a Stranger
- ☐ Talk to a Stranger
- ☐ Exercise Brain with puzzles
- ☐ Exercise Brain with memory games

BUSINESS

- ☐ Wrote for Blog
- ☐ Marketed Business
- ☐ Social Media Posts
- ☐ Created new Products
- ☐ Updated Products
- ☐ Pinterest Pinning
- ☐ Daily Brain Dump



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL