The Habit Tracker

Log the habits you want to build.

Start Date: ______________________

Habit A: _______________________

Habit B: _______________________

Habit C: _______________________

Grid Guide

☐ – Done
☐ – Did Not Do
☐ – Don’t Need To Do Today
☐ –

Fill Boxes w/ Desired Shape e.g. “|”, “x”, “+”
Or Use Colors

Tips & Guide:
https://sortoutmy.life/habit-tracker

"After a few days you’ll have a chain. Just keep at it and the chain will grow longer every day. You’ll like seeing that chain, especially when you get a few weeks under your belt. Your only job next is to not break the chain." - Jerry Seinfeld

Month’s Score: ____________________________