

# 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**

[illegible]

**Month's Score:**