

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. "I", "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

	Jan			Feb			Mar			Apr		
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Month's Score: _____