

Monthly Habit Tracker

Month: _____ Year: _____

	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
Drink 8 glasses water																															
Exercise 30 min																															
Read 20 pages																															
Meditate																															
No social media																															
Sleep by 10pm																															
Eat vegetables																															
Journal																															

Mark completed habits with X, check, or color!

Monthly Stats

Best streak: _____ days

Completion rate: _____ %

Most consistent habit: _____

Habit to improve: _____