

Habit Tracker

Your Free Printable Pack





How to Use Your Pack



Six printable trackers — pick the rhythm that fits your life.

WHAT'S INSIDE

- **Monthly Tracker** — a 31-day grid for up to 12 habits
- **Weekly Tracker** — seven-day check-off for a lighter week
- **Daily Routine Tracker** — morning / afternoon / evening + water & mood
- **Year-Long Tracker** — one habit across all 12 months
- **Habit Ideas Sheet** — 60+ habits to track, sorted by area of life
- **Minimalist Tracker** — the same monthly grid, clean black-and-white

THE 30-DAY METHOD

- 1 Start small** Pick 3-5 habits, not fifteen. Consistency beats ambition.
- 2 Anchor each one** Attach it to something you already do (after coffee, before bed).
- 3 Mark it daily** Colour or tick the box the moment you finish — the streak is the reward.
- 4 Review weekly** Keep what stuck, swap what didn't. Aim for progress, not a perfect grid.





Monthly Habit Tracker

MONTH: _____

NOTES

Tip: colour a box the moment you finish the habit.



Weekly Habit Tracker

WEEK OF: _____

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
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NOTES



Daily Routine Tracker

DATE: _____

MORNING

DONE

- Wake up early ☐
- Glass of water ☐
- Stretch / move ☐
- Healthy breakfast ☐
- Plan the day ☐
- Meditate / breathe ☐

AFTERNOON

DONE

- Focused work block ☐
- 10-minute walk ☐
- Drink water ☐
- Nourishing lunch ☐
- No mindless snacking ☐

EVENING

DONE

- Move your body ☐
- Read 20 minutes ☐
- Time with loved ones ☐
- Prep for tomorrow ☐
- Screens off early ☐
- In bed on time ☐

WATER INTAKE



/ 8

MOOD TODAY



NOTES



Year-Long Habit Tracker

HABIT: _____

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
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☐ GOAL MET ☐ PARTIALLY MET ☐ NOT MET

NOTES



Habit Ideas

what habits to track

HEALTH

- ☐ Drink water
- ☐ Eat whole foods
- ☐ Move / exercise
- ☐ Walk daily
- ☐ Stretch
- ☐ Enough sleep
- ☐ No sugar / junk
- ☐ Take vitamins

MIND

- ☐ Read
- ☐ Meditate
- ☐ Practice gratitude
- ☐ Journal
- ☐ Learn something new
- ☐ No screens before bed
- ☐ Plan my day
- ☐ Affirmations

PRODUCTIVITY

- ☐ Plan my day
- ☐ Prioritise tasks
- ☐ Focused work time
- ☐ Track expenses
- ☐ Declutter
- ☐ Organise my space
- ☐ Beat procrastination
- ☐ Review goals

SELF-CARE

- ☐ Skincare routine
- ☐ Take a shower
- ☐ Get fresh air
- ☐ Do something I love
- ☐ Listen to music
- ☐ Relax / unwind
- ☐ Me time
- ☐ Early to bed

RELATIONSHIPS

- ☐ Call a loved one
- ☐ Quality time
- ☐ Be present
- ☐ Listen more
- ☐ Help someone
- ☐ Show appreciation
- ☐ Date night
- ☐ Small kindness

FINANCE

- ☐ Save money
- ☐ Stick to budget
- ☐ Track spending
- ☐ No impulse buys
- ☐ Extra income
- ☐ Review finances
- ☐ Pay bills on time
- ☐ A money goal





NOTES