BUILD BETTER HABITS

Track Your Daily Habits

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Words to Keep

"A habit formed in patience becomes a strength in time."

"Small steps every day lead to great distances over time."

"Consistency beats intensity when the game is long."

Week 1

Day	Write 3 goals	Write journal	Wake early	Say no to sugar	No social media	Meditate	Cook healthy meal
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 1 Reflection:

What went well?

What was difficult?

What to improve next week?

Week 2

Day	Exercise 30 min	Wake early	Write journal	Tidy workspace	Cook healthy meal	Meditate	Write 3 goals
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 2 Reflection:

What went well?

What was difficult?

What to improve next week?

Week 3

Day	No phone morning	Read 10 pages	Say no to sugar	Gratitude list	Listen to podcast	Cook healthy meal	No social media
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 3 Reflection:

What went well?

What was difficult?

What to improve next week?

Week 4

Day	Call a friend	Exercise 30 min	Drink 8 glasses	Sleep on time	Plan tomorrow	No social media	Cook healthy meal
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 4 Reflection:

What went well?

What was difficult?

What to improve next week?

Monthly Summary

Which habit became easiest?

Which habit was hardest?

What surprised you?

What will you keep doing?

About This Printable

BUILD BETTER HABITS

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