THE 4-WEEK HABIT TRACKER

Track Your Daily Habits

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Words to Keep

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

"Consistency beats intensity when the game is long."

"Track your habits to see the shape of your character."

Week 1

Day	Listen to podcast	Walk outside	Learn something new	Read 10 pages	Plan tomorrow	Wake early	Meditate
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 1 Reflection:

What went well?

What was difficult?

What to improve next week?

Week 2

Day	Gratitude list	Call a friend	Tidy workspace	Meditate	Cook healthy meal	Exercise 30 min	Sleep on time
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 social media	Walk outside	Exercise 30 min	Say no to sugar	Meditate	Gratitude list	Plan tomorrow
Mon	☐	☐	☐	☐	☐	☐	☐
Tue	☐	☐	☐	☐	☐	☐	☐
Wed	☐	☐	☐	☐	☐	☐	☐
Thu	☐	☐	☐	☐	☐	☐	☐
Fri	☐	☐	☐	☐	☐	☐	☐
Sat	☐	☐	☐	☐	☐	☐	☐
Sun	☐	☐	☐	☐	☐	☐	☐

Week 3 Reflection:

What went well?

What was difficult?

What to improve next week?

Week 4

Day	Exercise 30 min	Learn something new	Cook healthy meal	Call a friend	Say no to sugar	Plan tomorrow	No phone morning
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

THE 4-WEEK HABIT TRACKER

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