



HABIT TRACKER

Year: _____

Developed by Mahara Mindfulness

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

DAY																																
HABIT	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	

How to use: Download, print and use each month to track your progress.

- (1) Select month; (2) Write down habit; (3) Check off days as you complete the habit**

The more days you check off, the more likely you'll stick to your habit! See example on next page.



HABIT TRACKER

Year: 2021

Developed by Mahara Mindfulness

Jan	Feb	Mar	Apr ✓	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
-----	-----	-----	-------	-----	-----	-----	-----	-----	-----	-----	-----

DAY	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	
HABIT	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	
Meditate	X	X	X	X	X	X	X		X	X	X	X	X	X	X	X	X		X		X	X	X	X	X	X	X	X	X	X	X	X
Read for 15 mins a day	X	X	X	X		X	X	X	X		X	X	X	X		X	X	X	X		X	X	X	X		X	X	X	X		X	
Make my bed daily	X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X	X	X		X	X	X	X	X	X	X	X	X	X	X	X

How to use: Download, print and use each month to track your progress.
(1) Select month; (2) Write down habit; (3) Check off days as you complete the habit
 The more days you check off, the more likely you'll stick to your habit! See example on next page.