

Daily Habit Tracker

Name..... Date

How to use this tracker

- Note your weekly goals
- Each time you complete a goal place a ✓ in the box
- On days you don't complete the habit place an ✗ in the box.
- At the end of the week tally up your results to check if you hit your goal.

Habits

Habit 1

.....

Habit 2

.....

Habit 3

.....

Habit 4

.....

Habit 5

.....

	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5
Mon					
Tues					
Weds					
Thurs					
Fri					
Sat					
Sun					
Weekly Total					