

Habit Tracker

Define the habits here. Track the month on the back.

A habit survives a bad week when the whole loop is decided in advance: the person it makes you, the routine that sets it off, the smallest version you can still do when you are empty, and a reward the brain logs as a win. Write the 2-minute version now, not in the moment you need it. Start at a level you can keep, then raise it once it is boring.

One habit from the app's library, filled in.

Habit 20-minute walk after lunch	I am someone who clears their head on foot	After I ... I will after lunch, before I sit back down, I walk	On a hard day, the 2-minute version one lap around the block, about five minutes	Reward, straight after an audiobook saved only for walks	Why it matters it resets my focus and guarantees movement on a day when nothing else happens
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1 Habit I am someone who After I ... I will On a hard day, the 2-minute version Reward, straight after Why it matters	2 Habit I am someone who After I ... I will On a hard day, the 2-minute version Reward, straight after Why it matters	3 Habit I am someone who After I ... I will On a hard day, the 2-minute version Reward, straight after Why it matters
4 Habit I am someone who After I ... I will On a hard day, the 2-minute version Reward, straight after Why it matters	5 Habit I am someone who After I ... I will On a hard day, the 2-minute version Reward, straight after Why it matters	6 Habit I am someone who After I ... I will On a hard day, the 2-minute version Reward, straight after Why it matters

The Month Grid

The same six habits, in the same order as the front. One mark a day.

Month _____ Year _____

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	Best streak	Come-backs
1 _____																																	
2 _____																																	
3 _____																																	
4 _____																																	
5 _____																																	
6 _____																																	

The Comeback rule

On a hard day, do the lazy-day version and stripe the square. The streak stays alive, and willpower never has to negotiate. A full done the next day is the comeback, and that is the day worth celebrating.

An empty day resets the counter, not the habit. Come back the very next day, even tiny.

Decide the lazy-day version on the front page before the month starts, not on the day you need it.

Builds on the never-miss-twice idea, the classic two-day rule: one skipped day is a bad day, two in a row is how a habit ends.

How to mark a day

- Done.** Fill the square.
- Lazy day.** Two diagonal strokes. Counts as kept.
- Missed.** Leave it empty and move on.
- Best streak.** Longest run of days kept, done or lazy day.
- Comebacks.** Each full done that follows a lazy day or a gap.

Count both at the end of the month and write them in the two right-hand columns. The comeback count is the one that predicts next month.

What this month showed me

Which habit carried the others, and which one needs a smaller lazy-day version next month.