

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

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 _____																																	
5 _____																																	
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

How to mark a day

 **Done.** Fill the square.

What this month showed me

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

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.



Lazy day. Two diagonal strokes.
Counts as kept.



Missed. Leave it empty and move on.

Same three marks as the app, so a printed month and a synced month read the same way.
