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 lazy day 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	Lazy day version, for a hard day	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 two 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

Lazy day version, for a hard day

Reward, straight after

Why it matters

2 Habit

I am someone who

After I ... I will

Lazy day version, for a hard day

Reward, straight after

Why it matters

3 Habit

I am someone who

After I ... I will

Lazy day version, for a hard day

Reward, straight after

Why it matters

4 Habit

I am someone who

After I ... I will

Lazy day version, for a hard day

Reward, straight after

Why it matters

5 Habit

I am someone who

After I ... I will

Lazy day version, for a hard day

Reward, straight after

Why it matters

6 Habit

I am someone who

After I ... I will

Lazy day version, for a hard day

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 Two-day Rule

On a hard day, do the lazy-day version and stripe the square. The day still counts, 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: 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.

The app uses the same three marks. It calls an empty day Not yet.

What this month showed me

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