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: 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 · **Lazy day version, for a hard day:** one lap around the block, about two 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

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.