

MONTHLY HABIT TRACKER

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

Month: _____
Year: _____
Focus: _____

Habit Name		Goal	Streak
💧 Drink 3L Water	////////	25	12
🌙 8 Hours Sleep	////////	28	15
🧘 Meditation (15m)	////	20	8
📖 Read 15 Pages	////////	22	10
💪 Strength / Cardio	////	16	5
🍴 Healthy Eating	////////	25	14
📝 Gratitude Journal	////////	30	22
🛑 No Spend Day	////////	20	9
🚶 Stretch / Mobility	////////	20	7
🚶 Walk 10k Steps	////////	22	11
📱 Screen Time < 2h	////////	25	18
🕒 Deep Work (4h)	////////	18	6

MONTHLY GOALS

- ☐ Gym 4x / week
- ☐ Read 2 books
- ☐ Meditate daily
- ☐ Sleep by 10:30 PM

LEGEND & KEY

- ✓ Fully Completed
- Partial Progress
- ✗ Missed Habit
- Planned Rest Day

MONTHLY REFLECTION

Wins this month:

Areas to improve:

