

90 Day Streak Tracker

Cross off one box for every day you keep your commitment. A slip is one empty box, not a reason to stop.

Commitment: _____ Start date: _____

My reason, in one sentence: _____

1	2	3	4	5	6	7 1 week	8	9	10
11	12	13	14 2 weeks	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30 30 days
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60 60 days
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90 90 days

Slip log (date, time, place, what was going on)

Monthly Habit Tracker

Write up to 12 habits on the left. Fill a square each day you do it. Count the filled squares at the end of the month.

Month: _____

Focus this month: _____

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

End of month review: what worked, what got in the way, what changes next month
