



Habit Tracker

One month, up to eight habits. Check a box each day, then trade your best streaks for rewards you choose.

Month _____

This month I'm focusing on _____

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
Weekday																																
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Streak means days in a row. A blank day simply starts a new count.

What I'm redeeming my streaks for

Habit	Days in a row	What I redeem it for	Redeemed on

Notes for next month



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