

A _____ C _____
B _____ D _____

Su	M	Tu	W
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	MONTHLY TOTAL	
		A	C
		B	D
RUNNING YEARLY TOTAL			
A	B	C	D

MONTHLY HABIT TRACKER

Th	F	Sa	Weekly Total
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
MONTHLY REVIEW			A
A	C		B
B	D		C
			D
INSPIRATION FROM ATOMIC HABITS BY JAMES CLEAR:			
Habits are not a finish line to be crossed, they are a lifestyle to be lived.			

A _____ C _____
B _____ D _____

Su	M	Tu	W
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	MONTHLY TOTAL	
		A _____	C _____
		B _____	D _____
RUNNING YEARLY TOTAL			
A _____	B _____	C _____	D _____

MONTHLY HABIT TRACKER

Th	F	Sa	Weekly Total
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
A B C D	A B C D	A B C D	A B C D
MONTHLY REVIEW			A B C D
A 	C 		B _____
B 	D 		C _____
			D _____
INSPIRATION FROM ATOMIC HABITS BY JAMES CLEAR:			
...changes that seem small and unimportant at first will compound into remarkable results if you're willing to stick with them for years.			