



Your weekly habit tracker

Choose something small. Tick the days you do it. Every little bit counts.

Week beginning _____

My small habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐	☐

A small win I want to remember

A missed day does not undo the days you showed up.