

Daily Habit Tracker

Small habits, tracked gently, for a calmer mind

WEEK OF: _____

	M	T	W	T	F	S	S
Phone-free morning	☐	☐	☐	☐	☐	☐	☐
Morning sunlight	☐	☐	☐	☐	☐	☐	☐
Move my body	☐	☐	☐	☐	☐	☐	☐
Drink water	☐	☐	☐	☐	☐	☐	☐
A few minutes of stillness	☐	☐	☐	☐	☐	☐	☐
Gratitude (3 things)	☐	☐	☐	☐	☐	☐	☐
Balanced meals	☐	☐	☐	☐	☐	☐	☐
One small goal	☐	☐	☐	☐	☐	☐	☐
Limit evening scrolling	☐	☐	☐	☐	☐	☐	☐
Evening reflection	☐	☐	☐	☐	☐	☐	☐

A gentle reminder:

Missing a day doesn't erase your progress. Consistency over perfection — come back tomorrow.

Monthly Reflection

Check in with yourself at the end of the month

1

Which habit felt easiest to keep up with?

2

Which habit was hardest, and why do you think that is?

3

How did your mood shift on days you kept up with your habits?

4

What's one small habit you want to focus on next month?

This month, I mostly felt:

Calm

Anxious

Motivated

Tired

Hopeful

Overwhelmed