

■ Habit Chain Tracker – 30 Days

Habit: _____

Why this habit matters: _____

Day	Date	Completed?	Notes
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		[]	

■ Goal: Don't break the chain for 30 days!