Worked example - one week. Colour a square each day you do the habit.

Weekly habit tracker

Week starting: Monday 16 November 2026

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink 2 litres of water	■	■	■		■	■	■
Walk for 20 minutes	■		■	■		■	
Read for 15 minutes		■	■	■	■		■
Stretch or yoga	■			■		■	
In bed by 11pm	■	■		■	■		

Notes for the week

Walks were easier when I set out straight after breakfast. Friday's dinner ran late.

Worked example - one week. Colour a square each day you do the habit.

How to use this template

A one-week habit tracker is easier to start than a full month. Fill in a fresh page each Monday.

1. **Write your habits.** Pick a few small actions you want to repeat.
2. **Colour a square each day.** Do it as soon as you finish the habit.
3. **Review on Sunday.** Use the notes box to jot down what helped and what got in the way.