Worked example - a month of habits. Colour a square each day you do the habit.

Habit tracker

Month: October 2026 Name: Alex Morgan

Habit	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	31
Drink 2 litres of water	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■		■	■		■		■	■	■	■	■	■	■	■
Walk for 20 minutes	■	■	■	■	■	■	■	■	■	■	■		■	■	■	■			■		■	■		■	■	■	■		■		■
Read for 15 minutes		■	■	■			■		■					■	■		■	■	■	■	■		■	■	■		■	■	■		
Stretch or yoga		■	■	■			■	■	■	■	■		■	■	■	■							■					■	■	■	
No phone after 10pm	■	■	■	■	■	■	■	■	■	■	■			■	■	■	■	■			■	■	■	■	■	■		■	■		■
Write in my journal	■		■					■	■	■				■	■							■		■	■	■	■	■			
Eat a vegetable with every meal				■	■	■	■	■	■			■	■		■	■				■	■		■			■	■		■	■	■
In bed by 11pm	■			■				■	■	■	■		■	■		■			■	■	■	■	■	■	■	■		■	■	■	

Most consistent habit Drink 2 litres of water

Habit to work on Write in my journal

Worked example - a month of habits. Colour a square each day you do the habit.

How to use this template

Colouring in a square each day makes progress visible, and a growing run of coloured squares is a good reason to carry on.

1. **Choose a few habits.** Four to eight is plenty. Write each as a small action, such as 'Walk for 20 minutes'.
2. **Write the month.** Add the month at the top. Use the day numbers across the page to keep your place.
3. **Colour a square each day.** Mark the square as soon as you have done the habit, then move on.
4. **Review at the end of the month.** Count the squares for each habit, keep what works and change what does not.

Tips

- A missed day is not a failure. Start again the next day.