7 DAYS

WEEKLY HABIT TRACKER

Choose a few habits that matter to you. Check a box when you complete one.

My focus this week

Week of: _____ My reason: _____

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
1. _____	☐	☐	☐	☐	☐	☐	☐
2. _____	☐	☐	☐	☐	☐	☐	☐
3. _____	☐	☐	☐	☐	☐	☐	☐
4. _____	☐	☐	☐	☐	☐	☐	☐
5. _____	☐	☐	☐	☐	☐	☐	☐
6. _____	☐	☐	☐	☐	☐	☐	☐

A quick weekly check-in

A win I want to remember

_____

_____

One small adjustment for next week

_____

_____

Keep it realistic: start with 2–4 habits. A missed day is a chance to begin again tomorrow.