

Monthly Habit Tracker

Use this page to mark the small habits that support your chosen fitness calendar. Choose habits you can realistically repeat. A missed day is information, not failure.

Month: _____ Year: _____

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Habit	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Monthly reflection

What felt realistic? _____

What should I adjust next month? _____

This tracker is a general planning resource, not medical advice.