

Small steps, one day at a time

Write a habit in each row. Mark completed days. Leave days outside your month empty.

MONTH / YEAR

MY FOCUS

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

WHAT HELPED THIS MONTH?