

FREE PRINTABLE · HABITS

30-Day Single Habit Tracker

One habit, thirty days, one page. The simplest version that works.

THE HABIT

WHEN AND WHERE IT HAPPENS

WHY THIS ONE MATTERS TO ME

Thirty days

1

2

3

4

5

6

7

8

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10

11

12

13

14

15

16

17

18

19

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30

Longest streak

Days completed

Reward at day 30

Missing one day is normal. Missing two in a row is how a habit dies — the rule is simply never miss twice.