

Monthly Multi-Habit Grid

Up to fourteen habits across a full 31-day month.

MONTH _____	DAYS IN MONTH _____	THIS MONTH'S KEYSTONE HABIT _____
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Habits

[illegible]

Month totals

BEST HABIT	WEAKEST HABIT	DROPPING NEXT MONTH

Fourteen rows is the maximum, not a target. Three habits tracked honestly beat fourteen tracked for nine days.