

Habit streak chart

Month

Goal for this month

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

Rule of thumb: never miss twice. If you miss a day, do the smallest version of the habit tomorrow.

Notes