

# HABIT TRACKER

MONTH		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC																				
HABIT	DAY	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	TOTAL
Spend time with Jesus by reading the Bible for 10 minutes every day.																																	

1. Print out this habit tracker.
  2. Keep it in a location where you'll be able to refer to it several times during the day.
  3. Circle the current month.
  4. Write down the activity that you desire to become a habit. Be specific.
  5. When you complete the activity, check the box on that particular day.
  6. Continue checking boxes for the month. If you miss a day, get back on track the next day.
  7. At the end of the month, add up all the checked boxes, record the total, and celebrate what you've accomplished.
  8. Stack other habits on your list. Simply add another activity and begin to check those boxes as well.
- \* A great resource for building good habits and breaking bad ones is the book *Atomic Habits* by James Clear.