

30 DAYS, UP TO 6 HABITS

30 day habit tracker printable

Pick 1 to 3 habits to start, write them in the left column, and fill one circle per day. Missing a single day does not undo the habit.

NAME

START DATE

GOAL THIS MONTH

HABITS TRACKED __ of 3	DAYS COMPLETED __ of 30	LONGEST STREAK __ days	COMPLETION __ %
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	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	%
Walk 20 minutes EXAMPLE, 29 of 30 days	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	97%
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	__ %
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	__ %
	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	__ %
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	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	__ %

● Done ○ Missed (note why in the review) Heavier line = new week. Shaded row is an example, delete it or ignore it.

1 Weekly review

5 minutes, same day each week

WEEK 1	WEEK 2	WEEK 3	WEEK 4
Habits done: __ of __ What got in the way:	Habits done: __ of __ What got in the way:	Habits done: __ of __ What got in the way:	Habits done: __ of __ What got in the way:

KEEP, MAKE EASIER, OR SWAP? HABIT 1

KEEP, MAKE EASIER, OR SWAP? HABIT 2

CHOOSING YOUR HABITS

Which habits to track **by goal**

Twelve starting points. Pick one to three from the goal that matters most. Make each one small enough to do on your worst day.

START WITH	RUN IT FOR	MISS A DAY?	REVIEW
1 to 3 habits	30 days, then more	Just restart	Once a week

Fat loss

- ☐ Log everything you eat
The best habit for awareness, not perfection.
- ☐ Hit your protein target
Set the number with your coach.
- ☐ Walk 20 minutes after a meal
Starting point, scale it up.

Muscle gain

- ☐ Finish the planned session
Strength work on at least 2 days a week (NHS).
- ☐ Protein in your range
1.4 to 2.0 g per kg a day suits most people who exercise (ISSN).
- ☐ Sleep 7 hours or more
Adults: 7 to 9 hours (NHLBI).

Better sleep

- ☐ Same bedtime, within 30 minutes
Pick the time first.
- ☐ Phone out of the bedroom
Or on a charger across the room.
- ☐ No caffeine after midday
Starting point, adjust to your day.

Lower stress

- ☐ 10 minute walk outside
Daylight and no screen.
- ☐ 5 minutes of slow breathing
Same time each day.
- ☐ Write one thing that went well
One line is enough.

2 Make a habit stick

RULE	WHAT TO DO
Anchor it	Tie it to something you already do. "After breakfast, I walk for 20 minutes." A study of 96 volunteers who did one daily behavior in the same context for 12 weeks found missing one opportunity did not materially affect habit formation (Lally et al., 2009).
Keep it small	If you miss it two days in a row, shrink it. Ten minutes beats a plan you drop.
Give it time	In the same study, the modelled time to reach a stable habit ranged from 18 to 254 days for the people it could be fitted to. Thirty days is a start, not a finish.
Review weekly	Count the circles, name one obstacle, then keep, shrink or swap the habit.

With a coach? Share this sheet at your weekly check-in, or ask your coach to assign the habits in the Scraler app so streaks fill in for you. Not medical advice: if a habit hurts or worries you, speak to a doctor.