# Printable Habit Tracker

Track consistency, not perfection. Leave blank rows blank if you do not need them.

**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 |
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Tip: mark a day only when the habit happened. No catching up, no backfilling.