FREE PRINTABLE

30-Day Habit Tracker

Build one small habit. Check it off every day.

How to use

1. Pick one habit (walk 20 minutes, sleep by 11, drink water…).
2. Write it at the top of the monthly grid.
3. Mark each day you do it — streaks matter more than perfection.
4. Use the weekly sheet for up to 5 habits at once.
5. Pair with the free what-if planner at extendlife.app.

My habit this month

Why it matters to me:

30-Day Habit Tracker

Habit: _____ Month: _____

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Done ☐	Done ☐	Done ☐	Done ☐	Done ☐	Done ☐
Day 7	**Day 8**	**Day 9**	**Day 10**	**Day 11**	**Day 12**
Done ☐	Done ☐	Done ☐	Done ☐	Done ☐	Done ☐
Day 13	**Day 14**	**Day 15**	**Day 16**	**Day 17**	**Day 18**
Done ☐	Done ☐	Done ☐	Done ☐	Done ☐	Done ☐
Day 19	**Day 20**	**Day 21**	**Day 22**	**Day 23**	**Day 24**
Done ☐	Done ☐	Done ☐	Done ☐	Done ☐	Done ☐
Day 25	**Day 26**	**Day 27**	**Day 28**	**Day 29**	**Day 30**
Done ☐	Done ☐	Done ☐	Done ☐	Done ☐	Done ☐

Weekly Habit Tracker

Week of: _____ Focus: _____

HABIT	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1	☐	☐	☐	☐	☐	☐	☐
Habit 2	☐	☐	☐	☐	☐	☐	☐
Habit 3	☐	☐	☐	☐	☐	☐	☐
Habit 4	☐	☐	☐	☐	☐	☐	☐
Habit 5	☐	☐	☐	☐	☐	☐	☐

Notes / wins this week