



My Habit Tracker

Name: _____

Directions: Choose a habit you will work to develop. It is estimated that it takes a person approximately 66 days to develop a new habit: for the next two months, check the box if you practice the habit you have chosen.

The habit I will work to develop: _____

Once you decide on a habit, talk to your parents/guardians, and ask them to come up with two steps they will take to help you accomplish your goal at home.

**Two steps my parents/guardians
will take to help me:**

day	1	2	3	4	5	6	7	8	9	10	11
progress											
day	12	13	14	15	16	17	18	19	20	21	22
progress											
day	23	24	25	26	27	28	29	30	31	32	33
progress											
day	34	35	36	37	38	39	40	41	42	43	44
progress											
day	45	46	47	48	49	50	51	52	53	54	55
progress											
day	56	57	58	59	60	61	62	63	64	65	66
progress											