

YOU CAN DO IT! PERSEVERANCE HABIT TRACKER

POSSIBLE IDEAS:

- READ A CHAPTER OF A BOOK EACH DAY
- LIMIT SCREEN TIME TO ___ HRS A DAY
- SAY THANK YOU AFTER SOMEONE MAKES A MEAL
- MAKE YOUR BED EVERY DAY
- EXERCISE FOR 60 MIN EVERY DAY
- PRACTICE MY INSTRUMENT
- NOT USE SOCIAL MEDIA

NAME

HABIT:

ONE DAY AT A TIME

AND THEN YOU'RE AT FIVE!

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END OF FIRST WEEK

BET YOU CAN YOU DO ANOTHER 7 DAYS

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KNEW IT!
TWO WEEKS

PAPER FORTUNE SAYS: PERSEVERE!

IF YOU MISSED A DAY, PICK IT UP AGAIN

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HELLO
3 WEEKS!

FINAL STRETCH

YOU CAN'T GIVE UP NOW.

ONE MORE DAY.

JUST ONE MORE.

AND ONE MORE.

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INCOMING!
NEW HABIT FORMING

YOU

WIN!

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YOU, MY FRIEND,
ARE A PERSEVERANCE
CHAMPION!

PERSEVERANCE POINTS:

/ 30 DAYS