Tiny Habit Tracker

Small steps. Real results. No perfection required.

MONTH 1 • WEEKS 1–4

MY TINY HABIT

After I _____ , I will _____

Write your habit here before you begin tracking

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	STREAK
WEEK 1 Date: _____ to _____	☐	☐	☐	☐	☐	☐	☐	_____ days
WEEK 2 Date: _____ to _____	☐	☐	☐	☐	☐	☐	☐	_____ days
WEEK 3 Date: _____ to _____	☐	☐	☐	☐	☐	☐	☐	_____ days
WEEK 4 Date: _____ to _____	☐	☐	☐	☐	☐	☐	☐	_____ days

■ THIS WEEK'S CELEBRATION

How will you reward yourself for showing up? _____

REFLECTIONS & NOTES

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MONTH 2 • WEEKS 5–8

MY TINY HABIT

After I _____ , I will _____

Write your habit here before you begin tracking

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	STREAK
WEEK 5 Date: _____ to _____	☐	☐	☐	☐	☐	☐	☐	_____ days
WEEK 6 Date: _____ to _____	☐	☐	☐	☐	☐	☐	☐	_____ days
WEEK 7 Date: _____ to _____	☐	☐	☐	☐	☐	☐	☐	_____ days
WEEK 8 Date: _____ to _____	☐	☐	☐	☐	☐	☐	☐	_____ days

■ THIS WEEK'S CELEBRATION

How will you reward yourself for showing up? _____

REFLECTIONS & NOTES

My Progress & Tips

Reflect, celebrate, and keep going.

8-WEEK SUMMARY

MY 8-WEEK TOTALS

_____ / 56	_____ days	_____
DAYS COMPLETED	LONGEST STREAK	HABITS ADDED

5 REMINDERS FOR TOUGH DAYS

- Missing one day is a pause — missing two is a pattern. Just restart tomorrow.
- Your habit doesn't have to be perfect. Done is always better than skipped.
- If a habit feels too hard, make it smaller. 2 minutes counts.
- Tell someone your streak. Accountability makes habits stick faster.
- You are not starting over — you are continuing. Every check mark matters.

Ready for your next tiny habit?

Pick a second habit and start a fresh tracker. You've already proved you can do this.

My next tiny habit will be:

_____

WHAT I LEARNED ABOUT MYSELF IN 8 WEEKS