Academic Achievement Center - Success Tool

Habit Tracker

Directions: Print this tool and circle month you are going to track for. Write your habits in the left-hand column and fill in the corresponding box when you complete the habit each day.

January February March April May June July August September October November December

Habits	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
8 hours of sleep	X	X			X	X	X	X		X	X		X			X	X		X												
meditate		X	X	X	X	X						X	X			X		X													
workout 30 minutes	X	X	X	X			X	X	X		X	X	X		X			X	X												