



PRINTABLE 90-DAY HABIT TRACKER

One habit. One observable rule. Ninety boxes of evidence.

HABIT RULE

MINIMUM VERSION

DAY 1 / DAY 90

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	32	33	34	35	36	37	38	39	40
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
41	42	43	44	45	46	47	48	49	50
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
51	52	53	54	55	56	57	58	59	60
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
61	62	63	64	65	66	67	68	69	70
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
71	72	73	74	75	76	77	78	79	80
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
81	82	83	84	85	86	87	88	89	90
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

AFTER DAY 90

What did this attempt prove? _____

What made completion easier? _____

What will the next attempt protect? _____