2027 MONTHLY HABIT TRACKER

Month: _____

One row per habit · colour a cell each day

Mood key: Great · OK · Low · Skip

HABIT	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
Drink water																															
Move / walk																															
Read 10 min																															
Sleep by 10																															
No phone AM																															
Gratitude																															
_____																															
_____																															

2027 MONTHLY GOALS

Month: _____

Three goals • clear action steps

BIG GOAL 1

Why it matters:

Action steps this month:

- [ ]
- [ ]
- [ ]

BIG GOAL 2

Why it matters:

Action steps this month:

- [ ]
- [ ]
- [ ]

BIG GOAL 3

Why it matters:

Action steps this month:

- [ ]
- [ ]
- [ ]

WEEKLY REFLECTION

Week of: _____

Be honest • be kind • adjust gently

Wins this week

Lessons & bumps

Gratitude

Energy check (circle)

Low Okay Good Great Amazing

Next week I will focus on