

Shift Habit Tracker

Track habits by shift, not by weekday

Month: _____ Name: _____

Shift Log

Date	Shift (D/N/O/S)	Hours Slept	Hydrated	7+ Hrs Sleep	Meds on Time	Stretched	Meal Prepped

Shift Type Key

- ☐ D = Day
- ☐ N = Night
- ☐ O = Off
- ☐ S = Swing

Log same-day, ideally during a break — end-of-week guesses make the totals meaningless. Leave a box blank if you missed it rather than backfilling from memory.