

Shift Worker Habit Tracker

One row per shift or day off — not per calendar day

Starting: _____

Date	Shift D · N · Off	Sleep hrs								Note
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Write your habits in the blank column headers. Anchor each one to the shift, not the clock: "after clock-out", "first hour awake", "before bed". On day-to-night flips, count the habit if it's done within that shift's cycle.