Boho Habit Tracker

Monthly Grid · 6 Habits · 31 Days

Month: _____ Year: _____

Habits

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																															
Stretch																															

Key

- ☐ Dot = done
- ☐ X = missed
- ☐ Blank = not tracked

Monthly notes

Pick 3-6 habits, not twelve, and mark each box the same day you do it rather than from memory at week's end. Keep the sheet somewhere you pass daily, and if you miss a day just mark it and keep going instead of starting over.