Monthly Habit Tracker for Retirees

One month, up to 8 daily habits

Month: _____

Habit Tracker

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	Total
Morning walk																																
Take medication																																
Call a friend																																

Notes / This Month's Focus

Mark a box each day you complete a habit, then count the marked boxes to fill in that row's total. A blank day is fine — it's just one day, not a broken streak.

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