Weekly Habit Tracker (No-Streak Version)

4-6 habits, big boxes, no streak pressure

Week of: _____ Name: _____

Dated Version (Mon-Sun)

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Undated Version (Day 1-7)

Habit	1	2	3	4	5	6	7

Notes (energy, sensory, schedule changes)

Start with just 1-2 habits and leave the rest blank until you need them. If a day gets missed, mark the box instead of leaving it empty — a marked skip is honest data, not a broken streak.

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