Minimalist Habit Tracker Grid

One box per habit, per day

Month: _____

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
Water																															
Read																															
Stretch																															

Fill in one box per habit for each day you complete it. If you miss a day, leave it blank and keep going instead of backfilling.

Prefer automatic streaks & reminders? Get the free ZenDuel app · zenduel.com