

# 8 WEEK Habit Tracker

Check off your progress nightly for ANY habit you are trying to change  
**X** when you **BAILED** on the habit ✓ when you did **NOT bail** on the habit  
**Name the Habit:**

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28

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**Name the Habit:**

WEEK 5	DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
WEEK 6	DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
WEEK 7	DAY 43	DAY 44	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49
WEEK 8	DAY 50	DAY 51	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56