Weekly Habit Tracker

Week of: _____

Habit	When	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Done / Due
									____ / ____
									____ / ____
									____ / ____
									____ / ____
									____ / ____
									____ / ____
									____ / ____
									____ / ____

x = done - = not due blank = missed

Tip: Dash the not-due days before Monday.

Week total: ____ done / ____ due

Notes

One change for next week: