A SHRINQ TRACKER

The Habit Tracker.

One month, up to six habits, one page. Mark the box on the days you did the thing. Rules that make this work: track at most six habits, define each one so small it is hard to fail, and never break the chain twice in a row.

Month:

	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
Habit 1:																															
Habit 2:																															
Habit 3:																															
Habit 4:																															
Habit 5:																															
Habit 6:																															

Make it too small to fail

- [ ] "Read" becomes "read one page." "Exercise" becomes "put on shoes and step outside."
- [ ] Attach each habit to something you already do: after coffee, after brushing, after parking.
- [ ] A missed day is data, not a verdict. The only rule is: never miss twice in a row.

BEFORE YOU USE THIS

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