Free Printable

Weekly Habit Tracker

One week per page with habit rows and a weekly score box for a quick Sunday review

Inside this PDF
One week per page with habit rows and a weekly score box
8 habit rows, Monday to Sunday tick boxes
4 weekly spreads plus a Sunday review page
Prints on Letter or A4 - free for personal use

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Weekly Habit Tracker - Week 1

Week of: _____

Write your habits in the left column, then tick the box on each day you do the habit.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1							
Habit 2							
Habit 3							
Habit 4							
Habit 5							
Habit 6							
Habit 7							
Habit 8							

Weekly score

Boxes ticked this week: _____ out of 56

My best day: _____ My hardest day: _____

One thing to change next week:

Weekly Habit Tracker - Week 2

Week of: _____

Write your habits in the left column, then tick the box on each day you do the habit.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1							
Habit 2							
Habit 3							
Habit 4							
Habit 5							
Habit 6							
Habit 7							
Habit 8							

Weekly score

Boxes ticked this week: _____ out of 56

My best day: _____ My hardest day: _____

One thing to change next week:

Weekly Habit Tracker - Week 3

Week of: _____

Write your habits in the left column, then tick the box on each day you do the habit.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1							
Habit 2							
Habit 3							
Habit 4							
Habit 5							
Habit 6							
Habit 7							
Habit 8							

Weekly score

Boxes ticked this week: _____ out of 56

My best day: _____ My hardest day: _____

One thing to change next week:

Weekly Habit Tracker - Week 4

Week of: _____

Write your habits in the left column, then tick the box on each day you do the habit.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1							
Habit 2							
Habit 3							
Habit 4							
Habit 5							
Habit 6							
Habit 7							
Habit 8							

Weekly score

Boxes ticked this week: _____ out of 56

My best day: _____ My hardest day: _____

One thing to change next week:

Sunday Review - My Month at a Glance

Week	Score (out of 56)	Best habit	What to change
Week 1			
Week 2			
Week 3			
Week 4			

My reward for four Sundays in a row: