





# Daily Habit Tracker + Mini Journal

SelfSpark printable

Month / Week of: \_\_\_\_\_

Goal for this period: \_\_\_\_\_

Completed today: \_\_\_\_ / \_\_\_\_ Current streak: \_\_\_\_ days

Progress, not perfection.

Date: \_\_\_\_\_

## Today's habits

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## Mood / Energy (1-5)

1	2	3	4	5
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Tiny adjustments

Make tomorrow easier if needed.

Keep: \_\_\_\_\_

Lighten: \_\_\_\_\_

Pause: \_\_\_\_\_

## Mini journal

What supported me today?

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What changed about my energy?

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Tomorrow I will adjust:

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Adjust the plan to your energy - a slow day still counts.