

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?

What changed about my energy?

Tomorrow I will adjust:

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