

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

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Mood / Energy (1-5)



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.