Weekly Habit Tracker

SelfSpark printable

Month / Week of: _____ **Goal for this period:** _____

Completed this week: ____ / 7 Current streak: ____ days

Progress, not perfection.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Tally
01 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
02 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
03 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
04 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
05 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
06 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
07 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
08 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
09 _____	☐	☐	☐	☐	☐	☐	☐	____ /7
10 _____	☐	☐	☐	☐	☐	☐	☐	____ /7

Notes / energy adjustments

What worked, what changed, what can be made lighter?

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

Want it to adapt automatically? Get the SelfSpark app.