Monthly habit tracker

Write the month, your categories and up to 12 habits. Tick a box each day you do one.

Month _____ This month I want to _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Plan your week in the Corenk app
https://corenk.app/get?src=pdf-monthly

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How to use it

1. Print the page on A4 or Letter. It has no dates, so it works for any month.
2. Write the month at the top and a category on each yellow line: health, home, work, yourself, whatever fits.
3. Under each category write up to three habits, then tick the day's box each day you do one.
4. At the end of the month, look along each row and keep the habits that stuck.

Print tips

- A4 and Letter pages are both in this file; print the one your printer takes.
- Prints fine in black and white. 100% scale, no fit-to-page.
- Works in GoodNotes and Notability too: import the PDF and write on it.