Weekly habit tracker

Write your own categories across the top. Print the start of week you like.

Week of

Monday	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐
Thursday	☐	☐	☐	☐
Friday	☐	☐	☐	☐
Saturday	☐	☐	☐	☐
Sunday	☐	☐	☐	☐

☆ CORENK

Same board, free in the Corenk app
https://corenk.app/get?src=pdf-free

Weekly habit tracker

Write your own categories across the top. Print the start of week you like.

Week of

Sunday	☐	☐	☐	☐
Monday	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐
Thursday	☐	☐	☐	☐
Friday	☐	☐	☐	☐
Saturday	☐	☐	☐	☐

CORENK

Same board, free in the Corenk app
https://corenk.app/get?src=pdf-free

Weekly habit tracker

Write your own categories across the top. Print the start of week you like.

Week of

Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				







CORENK

Same board, free in the Corenk app
https://corenk.app/get?src=pdf-free

Weekly habit tracker

Write your own categories across the top. Print the start of week you like.

Week of

Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				







☆ CORENK

Same board, free in the Corenk app
https://corenk.app/get?src=pdf-free

How to use it

1. Print the page that matches your week: Monday start or Sunday start.
2. Write your categories across the top and your routines into the cells. A time in front helps: 07:30 Wake up.
3. Cross a cell off when it is done. Ink feels better than a tick.
4. Stick a sticker on a good day. Keep the page where you see it every morning.

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.

CORENK

Same board, free in the Corenk app
https://corenk.app/get?src=pdf-free