Monthly Habit Tracker

Track your daily habits and build consistency

Month: _____ Year: _____

Habit	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	% Success

Total Habits Completed: _____ Total Possible Habits: _____ Overall Monthly Success Rate: ___ %

How to Calculate Your Success Rate:
It's simple math:

(Total boxes you checked) ÷ (Number of habits you're tracking × Days in the month) = Your Overall Success Rate %

This number is your score for the month — a powerful measure of your consistency on the climb.