

30-DAY DAILY HABIT & ROUTINE TRACKER

Build Lasting Consistency | Atomic Habits 21/90 Rule | Check-in Matrix

HABIT SPRINT # _____

THE GOLDEN RULE OF HABIT MASTERY: Never miss twice.

Small 1% improvements every day compound into a massive 37x transformation over a full year.

HABIT GOAL / ROUTINE	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	SCORE
1. Morning Meditation (15m) <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
2. 8,000 Daily Steps / Walk <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
3. Read 20 Pages Non-Fiction <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
4. Drink 3L Pure Water <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
5. Zero Screen 45m Before Bed <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
6. 90m Deep Work Session <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
7. Daily Gratitude Journal <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
8. Clean Nutrition / No Junk <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
9. 15m Workout / Yoga <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
10. Plan Tomorrow Tonight <i>Target: 25/30 Days</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30

MONTHLY STREAK REWARD & NEXT SPRINT GOAL

If I achieve at least 80% consistency, my reward will be: _____

Biggest win or habit improvement observed this month: _____

Next 30-Day Focus Habit to Install: _____

Final Consistency Rating: [] Exceptional (90%+) [] Strong (80%+) [] Keep Growing