Monthly Habit Tracker

Month: _____ **Year:** _____

How to Use: Write habits in header row (vertical). Mark each day: **X** = completed, **O** = partial, **-** = skipped intentionally, blank = missed. Calculate totals and percentages at month end.

Day												
1												
2												
3												
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27												
28												
29												
30												
31												
Total												
%												

X Completed   O Partial   - Skipped (intentional)   ☐ Missed

Suggested BJJ Habits: BJJ Training, Stretching/Mobility, Strength Training, Cardio, Technique Study (Video), Visualization, Sleep 7+ hrs, Hydration, Clean Eating, Journal Entry, Rest Day (planned), Recovery (ice/heat/massage)

Best Habit Streak

Habit: _____

Streak: _____ days

Monthly Reflection

_____
_____
_____
_____