

Habit Chain Tracker

Track practice of one habit over 30 days. This is a learning log, not a perfect-streak test. Record the start date and use the notes below for planned rest, skipped or not-applicable days. You may skip questions that do not fit or discuss them with your coach.

1. Mark days you practiced; an unmarked day is not a judgment.

1. Habit to practice

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
☐	☐	☐	☐	☐	☐
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
☐	☐	☐	☐	☐	☐
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
☐	☐	☐	☐	☐	☐
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
☐	☐	☐	☐	☐	☐
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
☐	☐	☐	☐	☐	☐

2. What is the single habit you are building? State it in one sentence.

3. What time of day will you do it, and what will trigger it?

4. What is the smallest version of this habit you can do even on a hard day?

5. Start date and practice schedule: what will count as a minimum version?
Note any rest/N/A days here.

6. Define a flexible practice

If you miss a planned day, how will you restart or adjust? On what date will you review what the record tells you?

Start date and schedule	Minimum version
Restart after a missed day	Review date