

Body Alchemy - 31-day Habit Tracker

Pick up to five small daily habits and track them across a month.

MONTH / START DATE

MY FIVE HABITS (SMALL ENOUGH TO DO ON A HARD DAY)

Day	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5	Note
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Day	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5	Note
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

END-OF-MONTH REFLECTION (WHAT STUCK, WHAT DIDN'T)

A reminder: a missed day is a single missed day. Streaks make for better social media than they do for real practice. Tick today and keep going.