

30-DAY DAILY HABIT & ROUTINE TRACKER

Build Lasting Consistency â€ Atomic Habits 21/90 Rule â€ 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 (10-15m) <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
2. 8,000 Daily Steps / Outdoor Walk <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
3. Read 20 Pages Non-Fiction <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
4. Drink 3 Litres of Pure Water <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
5. 0 Screen Time 45m Before Bed <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
6. 90-Minute Deep Work Session <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
7. Daily Journaling & Gratitude <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
8. Clean Nutrition / Zero Junk Food <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
9. 15-Minute Home Workout / Yoga <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30
10. Plan Tomorrow Today Before Bed <i>Target: 25/30</i>	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	___ /30

MONTHLY STREAK REWARD & NEXT SPRINT GOAL

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

Biggest win or lifestyle improvement observed: _____

Next 30-Day Focus Habit to Install: _____