

Habit Streak Chart

The habit, in one line: _____

Why it matters to me

One hundred days - fill a box each day you keep the habit

1	2	3	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	18	19	20	10
21	22	23	24	25	26	27	28	29	30	20
31	32	33	34	35	36	37	38	39	40	30
41	42	43	44	45	46	47	48	49	50	40
51	52	53	54	55	56	57	58	59	60	50
61	62	63	64	65	66	67	68	69	70	60
71	72	73	74	75	76	77	78	79	80	70
81	82	83	84	85	86	87	88	89	90	80
91	92	93	94	95	96	97	98	99	100	90

One habit per sheet - that is the point. Print a second copy for the next habit rather than splitting the grid, and if a day gets missed, fill the next box instead of starting again.

The day I miss one, my plan is

Started on / what I give myself at 100
