

Weekly Habit Tracker

Use the Weekly Habit Tracker in many ways!

- Help new habits stick
- Reward good behavior
- Work on character traits
- Exchange bad habits for good habits

The days of the week can either be colored in, marked with an X, or covered with a sticker.

At the end of the week, you can even have a set reward for meeting a goal!

Weekly Habit Tracker

Habit/Character Trait

M	T	W	Th	F	S	S
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M	T	W	Th	F	S	S
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M	T	W	Th	F	S	S
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M	T	W	Th	F	S	S
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Name: _____ Date: _____

Weekly Goal: _____

Reward if Met: _____

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