

30-Days Habit Tracker

A Simple System to Build Consistency & Self-Discipline

This detailed habit tracker is designed to help you track, reflect, and grow — not just check boxes. Use it to stay intentional, motivated, and aligned with your goals for the next 30 days.

© Inspiring Guide | Free 30-Days Habit Tracker Template

Day 1 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 2 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 3 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 4 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 5 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 6 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 7 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 8 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 9 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 10 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 11 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 12 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 13 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 14 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 15 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 16 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 17 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 18 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 19 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 20 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 21 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 22 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 23 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 24 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 25 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 26 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 27 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 28 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 29 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Day 30 – Daily Habit Session

Completed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Time Spent:	_____ minutes
Intensity / Quality:	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Mood / Energy:	Low <input type="checkbox"/> Medium <input type="checkbox"/> High <input type="checkbox"/>

Reflection:

What worked today?

What got in the way?

Triggers or patterns noticed:

Reminder: Missed a day? Reset without guilt. Progress beats perfection.

Progress & Accountability

Visualize your progress to stay motivated.

Current Streak:	_____ days
Completion Percentage:	_____ %
Weekly Check-In Notes:	_____
Accountability Partner:	_____
Mini Rewards for Milestones:	_____

End of Period Review (Transformation Zone)

Reflect honestly. This is where habits turn into identity.

Total Days Completed:	_____ / 30
Biggest Wins:	_____
Challenges Faced:	_____
Lessons Learned:	_____
Will I Continue This Habit?	Yes / Adjust / Stop

© Inspiring Guide | Free Habit Tracker Template