STEADY PAGES

7-Day Habit Tracker

Choose one small action you can repeat this week.

WEEK STARTING

AFTER I

I WILL

Mark a box each time you do your habit.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
☐	☐	☐	☐	☐	☐	☐

What helped me follow through?

What will I try next week?