

Bullet journal habit page

5mm dot grid, a key, and nothing else. Draw your own layout.

KEY

☒ Done
 ☐ Partly done
 ☐ Skipped on purpose
 ☐ Missed

Two symbols do the work most trackers miss: skipped on purpose is not the same as missed, and only one of the two is worth reacting to.

stellarhabit.com/blog/free-printable-habit-tracker