

Monthly tracker with consistency score

The same grid, plus the number that matters at the end of the month.

Month _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	DONE / DAYS SO FAR
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HOW TO READ IT

Divide by the days that have already happened, not by 31. Five ticks on the 5th is 100 percent, not 16 percent.
Above 80 percent across a month, the habit is holding. Below 50 percent, the habit is too big or the cue is wrong, and neither of those is fixed by trying harder next month.