

Never miss twice tracker

Two months, built to be recovered from rather than kept perfect.

Habit _____

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																														
DID IT																															
MISSED																															
BACK ON																															

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THREE COUNTS, FILLED IN ON THE LAST DAY OF EACH MONTH

DAYS DONE

DAYS MISSED

TIMES YOU MISSED TWICE IN A ROW

Only the third number matters. One missed day is noise: in the UCL automaticity study, a single missed opportunity did not measurably affect the progression towards automatic behaviour. Two in a row is how a habit quietly ends, and it is the only figure on this sheet worth reacting to.