

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																															

MONTH _____																															
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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.