

# Better Habits Monthly Chart

Print and post on fridge.



Fill in each space with a happy, neutral or unhappy face. Total on a weekly basis. Make your habit easier if you get too many unhappy faces.

Habit: \_\_\_\_\_  
 Trigger: \_\_\_\_\_  
 Reward: \_\_\_\_\_

Better Habit	Week 1	Week 2	Week 3	Week 4
Sunday	😊 😐 😞			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Total:				

