

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:				

