



Petal & Paper

YOUR FREE PRINTABLE

Monthly habit tracker



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B U I L D T H E H A B I T

habit tracker

Exercise

Week 1: ☐☐☐☐☐☐☐☐
Week 2: ☐☐☐☐☐☐☐☐
Week 3: ☐☐☐☐☐☐☐☐
Week 4: ☐☐☐☐☐☐☐☐

Drink 2L water

Week 1: ☐☐☐☐☐☐☐☐
Week 2: ☐☐☐☐☐☐☐☐
Week 3: ☐☐☐☐☐☐☐☐
Week 4: ☐☐☐☐☐☐☐☐

Meditate / journal

Week 1: ☐☐☐☐☐☐☐☐
Week 2: ☐☐☐☐☐☐☐☐
Week 3: ☐☐☐☐☐☐☐☐
Week 4: ☐☐☐☐☐☐☐☐

Read 20 mins

Week 1: ☐☐☐☐☐☐☐☐
Week 2: ☐☐☐☐☐☐☐☐
Week 3: ☐☐☐☐☐☐☐☐
Week 4: ☐☐☐☐☐☐☐☐

No screen before bed

Week 1: ☐☐☐☐☐☐☐☐
Week 2: ☐☐☐☐☐☐☐☐
Week 3: ☐☐☐☐☐☐☐☐
Week 4: ☐☐☐☐☐☐☐☐