

THE FREE LIBRARY

CATALOGUE NO.

A4

HABIT TRACKER

A free taster

A real habit page and weekly check-in, ready to use.

FROM the Habit Tracker workbook

FORMAT 6 landscape pages • fill in or print

BORROWED BY you

DUE BACK *never. it's yours.*

FREE

*choose a habit. track what happens.
decide what comes next.*

**neuro
made.**
studio

A NAME

A CUE

A REASON

Creatively wired. Intentionally made.

Habit page 01

01 / 10

Daily anchor · The habit that steadies the day. Small, repeated, the kind of thing a day can be built around.

QUICK TIP | Name the habit, choose its type and category, then add a cue and a reason. Use Last Done to record when it happened.

HABIT**TYPE**

☐ Daily anchor ☐ Flexible ☐ Short-term ☐ Creative ☐ Rest

CATEGORY

☐ Body ☐ Mind ☐ Heart ☐ Creative ☐ Spiritual

ANCHORED TO**LAST DONE****REASON****NOTES****RANDOM QUESTION**

What's the last sentence someone said to you that you still remember word for word?

Weekly check-in 01

Your habits, day by day.

WEEK OF

QUICK TIP | Tick the days when each habit happened.

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

WHAT THE GRID IS SHOWING

Habit page 01

01 / 10

Daily anchor · The habit that steadies the day. Small, repeated, the kind of thing a day can be built around.

QUICK TIP Name the habit, choose its type and category, then add a cue and a reason. Use Last Done to record when it happened.

HABIT

TYPE

- ☐ Daily anchor ☐ Flexible ☐ Short-term ☐ Creative ☐ Rest

CATEGORY

- ☐ Body ☐ Mind ☐ Heart ☐ Creative ☐ Spiritual

ANCHORED TO

LAST DONE

REASON

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

RANDOM QUESTION

What's the last sentence someone said to you that you still remember word for word?

Weekly check-in 01

Your habits, day by day.

WEEK OF

QUICK TIP | Tick the days when each habit happened.

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

WHAT THE GRID IS SHOWING

Want the whole thing?

These are two real pages from the Habit Tracker. The full workbook has the rest of the loop.

NM.03

Habit Tracker

45 landscape pages: choose a habit, track what happens, decide what comes next.

- 10 habit pages and 6 weekly check-ins
- 5 category pages, 3 starter menus and 4 weekly reviews
- Fillable and print & write editions, plus a two-page Quick Start

[SEE THE PDF WORKBOOK](#)[SEE THE NOTION TEMPLATE](#)

MORE FREE THINGS

New pages, checklists and prompt packs go up in the Free Library as we make them.

neuromadestudio.shop/free

SHARING

Print it, fill it in, use it as often as you like. If a friend would like it too, send them the link rather than the file, and please don't resell or re-upload it.