Printable Habit Tracker

HOW TO PRINT

When selecting your printer in Chrome, Safari, or your printer settings, DO NOT scale down these pages:

- 1. In Printer Settings click "Advance settings" or "More settings" if applicable
- 2. "Paper Size" is your default paper size in your printer, each printer is different, a common paper size is "Letter" or "8.5x11"
- 3. The "Scale" section of settings click on "Printable area", "Paper size", or "Fit" this will print each page without cutting it off

HOW TO FILL IN

With a fillable PDF, you are able to type in habits, check off points, and save it for the next day!

- 1. Download this PDF from your Chrome or Safari browser
- 2. Open the downloaded PDF in a PDF reader (like Adobe, for example)
- 3. Fill in your answers and remember to save it for the next day!

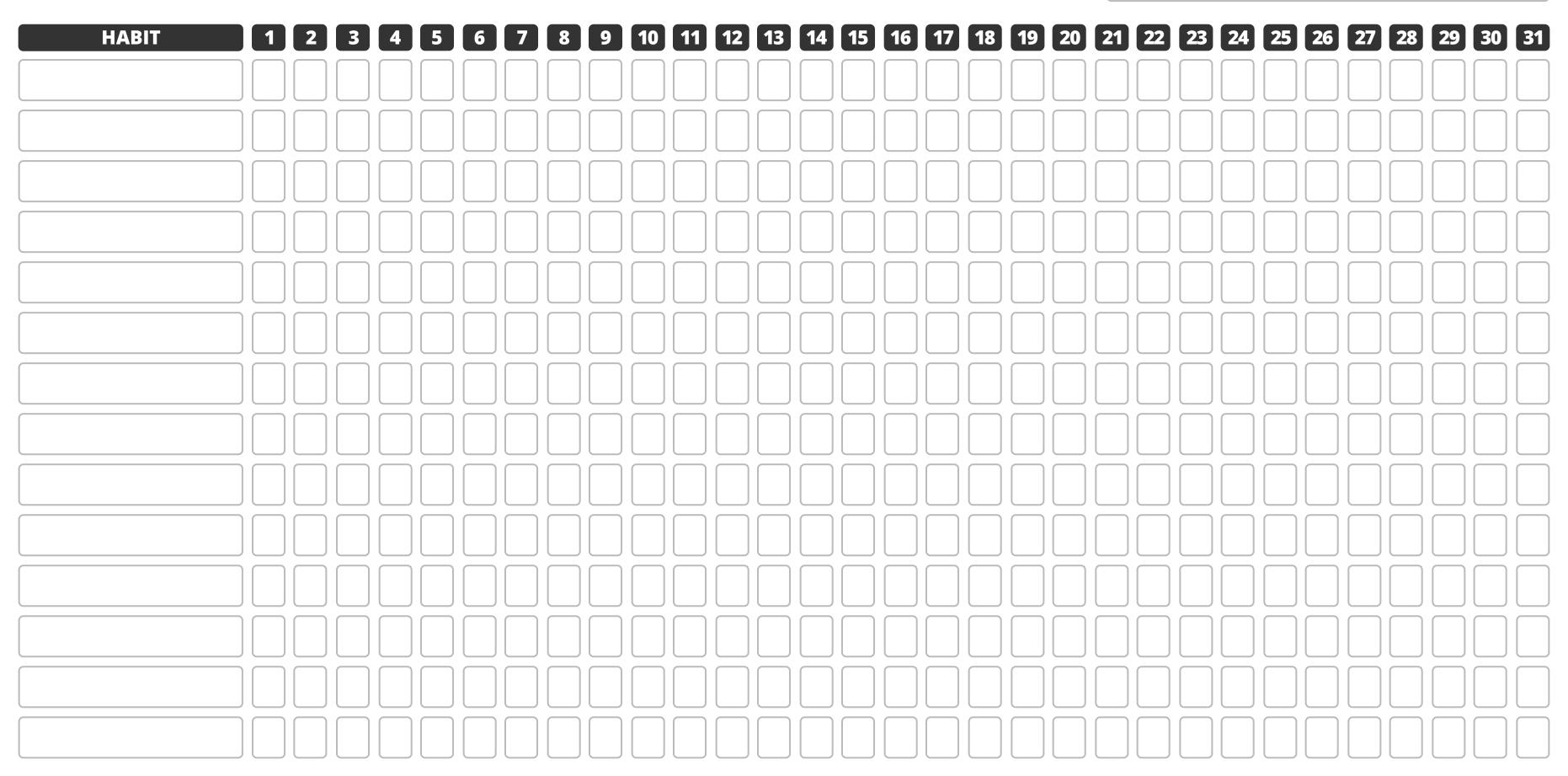
**Disclaimer: make sure your PDF Reader is able to detect a fillable PDF, otherwise it will be a flat PDF and you will not be able to type in your habits.





HABIT TRACKER





EXAMPLE:









HABIT TRACKER

