

# LOW-PRESSURE HABIT TRACKER

Track consistency without guilt or perfection

Habit I'm tracking: \_\_\_\_\_

\_\_\_\_\_

Weekly check-in (mark what you did):

Week 1	Week 2	Week 3	Week 4	Week 5
Done	Done	Done	Done	Done
Partial	Partial	Partial	Partial	Partial
Skipped	Skipped	Skipped	Skipped	Skipped

**Reflection:**

What patterns do I notice? \_\_\_\_\_

What helped me show up? \_\_\_\_\_

What got in the way? \_\_\_\_\_

What adjustment will I try next month?

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Progress counts, even when it's inconsistent.