

ADHD-Friendly | Printable | Don't Break the Chain

30-Day Habit Tracker

Build Habits That Actually Stick



By GrabGuides

grabguides.com

How to Use This Tracker

1. Pick 3-5 habits MAX (more than that = overwhelm)
2. Print the tracker on page 3
3. Check off each habit every day you complete it
4. The 2-day rule: never miss the same habit twice in a row
5. At end of month, review what worked and reset

[RULE] The 2-Day Rule

Missing one day is normal. Missing two days in a row is where habits die. If you miss Monday, Tuesday is non-negotiable - even if it's the smallest version of the habit.

Best Starter Habits

- Drink 1 glass of water upon waking
- 10 minutes of movement
- Bed made by 9am
- 10 pages of reading
- 5 minutes of journaling
- Phone off 1 hour before bed
- Vitamin/supplement taken

My 30 Day Habit Tracker

Month: _____ Start Date: _____

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Weekly Reflection

Week 1 wins: _____

Week 2 wins: _____

Week 3 wins: _____

Week 4 wins: _____

Ready for the complete system?

This free guide is a starting point.

The paid guide gives you the complete step-by-step system.

ADHD Planner - \$19

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