

Monthly Habit Tracker

A month of habits on one grid, with a completion rate per habit.

WHAT IT DOES

- A grid of habits against days.
- Counts completions and shows a rate per habit.

THE TABS

[Start Here](#) [Habits](#)

HOW TO USE IT

- 01 On Habits, list what you are tracking.
- 02 Mark each day as you go.
- 03 Read the completion rate at the end of the row.

THE ONE THING THAT MAKES THIS DIFFERENT

A rate rather than a streak. A streak resets to zero on one missed day and tells you nothing about a month that went 90% well.

BEFORE YOU TRUST A NUMBER

- **Blue bold on cream** means you type there. **Plain black** means the sheet works it out — typing over one of those replaces a formula with a number and it stops updating.
- Every formula is explained on the **How It Works** tab. Nothing is hidden, and nothing needs a macro.
- The sample rows are there to show the shape. Delete them before you start.