

Thank you — here is what you just downloaded.

Free, and it stays free. No email wall, no trial, and nothing switched off inside the file. It is built for anyone building a habit.

WHAT IS IN THIS FOLDER

Monthly-Habit-Tracker.xlsx	The workbook.
Monthly Habit Tracker-Guide.pdf	How it works, and the one rule that matters.
Read-Me-First.pdf	This page.

GETTING STARTED

- 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.

Licence. Use it for anything, at work or at home, client work included — change it, rename it, build it into your own process. You may not resell it as a template of your own. **Plain .xlsx:** no macros, no add-ins; opens in Excel, Google Sheets, Numbers and LibreOffice.

Found something it gets wrong? Tell me — that is how the next version gets better.
landix.ninal@gmail.com