

One-person weekly habit tracker

Use one action and a rule you chose in advance. A partial attempt is still information.

Fill and save in a PDF reader that supports forms, or print. Day 1 is your start date.

Name (optional)

Start date (YYYY-MM-DD)

Action and completion rule

Cue: when will you start?

Record unit (or no amount)

Planned days or opportunities

Date zone and report cutoff

Report code + amount, if useful (example: D 3 words).

D = Complete P = Partial M = Confirmed miss ? = Unknown N = Not scheduled

Leave future days blank. After the reporting cutoff, use ? for an absent report.

Day	Your report
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Review: what did you learn, and what will you change next?

Example: P 2 words is below a three-word rule; ? does not prove a miss.

These codes are worksheet labels, not app controls or a scoring system.

Two-person weekly habit tracker

Follow one common completion rule. Each person reports their own action.
Fill and save in a PDF reader that supports forms, or print. Day 1 is your start date.

Person A	Person B
Start date (YYYY-MM-DD)	Shared date zone
Common rule and unit	
Agreed planned days	Reporting cutoff in that zone

Report code + amount, if useful (example: D 3 words).
D = Complete P = Partial M = Confirmed miss ? = Unknown N = Not scheduled
Leave future days blank. After the reporting cutoff, use ? for an absent report.

Day	Person A report	Person B report
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Review together: discuss an actual report; agree on one next change

Fictional example: A = P 2 words; B = D 3 words. Only B met the three-word rule.
Paper has no reminders or live sync. These codes do not map one-for-one to DuoKeep.