

# 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 | <input type="text"/> |
| Day 2 | <input type="text"/> |
| Day 3 | <input type="text"/> |
| Day 4 | <input type="text"/> |
| Day 5 | <input type="text"/> |
| Day 6 | <input type="text"/> |
| Day 7 | <input type="text"/> |

**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 | <input type="text"/> | <input type="text"/> |
| Day 2 | <input type="text"/> | <input type="text"/> |
| Day 3 | <input type="text"/> | <input type="text"/> |
| Day 4 | <input type="text"/> | <input type="text"/> |
| Day 5 | <input type="text"/> | <input type="text"/> |
| Day 6 | <input type="text"/> | <input type="text"/> |
| Day 7 | <input type="text"/> | <input type="text"/> |

**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.