

National Grid 60 Day Habit Challenge Manual Tracker

Date: _____ My Habit: _____

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							

Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							

Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							

Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							

Week 8

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							

Week 9

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yes, No, N/A							