DANIELLY'S
FITNESS

FREE GIFT · 2027

HABIT TRACKER

Small habits. Big momentum.

12 monthly pages + 1 blank page. Print, fill in, repeat.

Name: _____

HOW TO USE

1

Pick 3–12 habits

Start small. Fewer habits = better follow-through. Write one per row.

2

Make each habit specific

"Walk 15 min after lunch" beats "exercise more".

3

Tick or colour each day

Fill the box when you do it. Missed a day? Just restart tomorrow.

4

Review at month end

Add up your Total column, note your wins, and adjust next month.

Habit ideas

- Drink 8 glasses of water
- Move for 20 minutes
- Sleep by 10:30pm
- Read 10 pages
- Journal or brain-dump
- No phone first hour
- Stretch / yoga
- Plan tomorrow
- Take vitamins
- Cook at home
- Time outdoors
- Practise a creative skill

HABIT TRACKER

January 2027

THIS MONTH'S FOCUS: _____

Habit	1 F	2 S	3 S	4 M	5 T	6 W	7 T	8 F	9 S	10 S	11 M	12 T	13 W	14 T	15 F	16 S	17 S	18 M	19 T	20 W	21 T	22 F	23 S	24 S	25 M	26 T	27 W	28 T	29 F	30 S	31 S	Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

February 2027

THIS MONTH'S FOCUS: _____

Habit	1 M	2 T	3 W	4 T	5 F	6 S	7 S	8 M	9 T	10 W	11 T	12 F	13 S	14 S	15 M	16 T	17 W	18 T	19 F	20 S	21 S	22 M	23 T	24 W	25 T	26 F	27 S	28 S				Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

March 2027

THIS MONTH'S FOCUS: _____

Habit	1 M	2 T	3 W	4 T	5 F	6 S	7 S	8 M	9 T	10 W	11 T	12 F	13 S	14 S	15 M	16 T	17 W	18 T	19 F	20 S	21 S	22 M	23 T	24 W	25 T	26 F	27 S	28 S	29 M	30 T	31 W	**Total**

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

April 2027

THIS MONTH'S FOCUS: _____

Habit	1 T	2 F	3 S	4 S	5 M	6 T	7 W	8 T	9 F	10 S	11 S	12 M	13 T	14 W	15 T	16 F	17 S	18 S	19 M	20 T	21 W	22 T	23 F	24 S	25 S	26 M	27 T	28 W	29 T	30 F		Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

May 2027

THIS MONTH'S FOCUS: _____

Habit	1 S	2 S	3 M	4 T	5 W	6 T	7 F	8 S	9 S	10 M	11 T	12 W	13 T	14 F	15 S	16 S	17 M	18 T	19 W	20 T	21 F	22 S	23 S	24 M	25 T	26 W	27 T	28 F	29 S	30 S	31 M	Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

June 2027

THIS MONTH'S FOCUS: _____

Habit	1 T	2 W	3 T	4 F	5 S	6 S	7 M	8 T	9 W	10 T	11 F	12 S	13 S	14 M	15 T	16 W	17 T	18 F	19 S	20 S	21 M	22 T	23 W	24 T	25 F	26 S	27 S	28 M	29 T	30 W		Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

July 2027

THIS MONTH'S FOCUS: _____

Habit	1 T	2 F	3 S	4 S	5 M	6 T	7 W	8 T	9 F	10 S	11 S	12 M	13 T	14 W	15 T	16 F	17 S	18 S	19 M	20 T	21 W	22 T	23 F	24 S	25 S	26 M	27 T	28 W	29 T	30 F	31 S	Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

August 2027

THIS MONTH'S FOCUS: _____

Habit	1 S	2 M	3 T	4 W	5 T	6 F	7 S	8 S	9 M	10 T	11 W	12 T	13 F	14 S	15 S	16 M	17 T	18 W	19 T	20 F	21 S	22 S	23 M	24 T	25 W	26 T	27 F	28 S	29 S	30 M	31 T	**Total**

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

September 2027

THIS MONTH'S FOCUS: _____

Habit	1 W	2 T	3 F	4 S	5 S	6 M	7 T	8 W	9 T	10 F	11 S	12 S	13 M	14 T	15 W	16 T	17 F	18 S	19 S	20 M	21 T	22 W	23 T	24 F	25 S	26 S	27 M	28 T	29 W	30 T		Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

October 2027

THIS MONTH'S FOCUS: _____

Habit	1 F	2 S	3 S	4 M	5 T	6 W	7 T	8 F	9 S	10 S	11 M	12 T	13 W	14 T	15 F	16 S	17 S	18 M	19 T	20 W	21 T	22 F	23 S	24 S	25 M	26 T	27 W	28 T	29 F	30 S	31 S	Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

November 2027

THIS MONTH'S FOCUS: _____

Habit	1 M	2 T	3 W	4 T	5 F	6 S	7 S	8 M	9 T	10 W	11 T	12 F	13 S	14 S	15 M	16 T	17 W	18 T	19 F	20 S	21 S	22 M	23 T	24 W	25 T	26 F	27 S	28 S	29 M	30 T		Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

December 2027

THIS MONTH'S FOCUS: _____

Habit	1 W	2 T	3 F	4 S	5 S	6 M	7 T	8 W	9 T	10 F	11 S	12 S	13 M	14 T	15 W	16 T	17 F	18 S	19 S	20 M	21 T	22 W	23 T	24 F	25 S	26 S	27 M	28 T	29 W	30 T	31 F	Total

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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HABIT TRACKER

MONTH: _____

THIS MONTH'S FOCUS: _____

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	**Total**

MONTHLY WINS

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NOTES & LESSONS

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NEXT MONTH'S FOCUS

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