

30-Day Habit Challenge: One Small Win at a Time

Habit:

Mode (Flexible / Streak):

Start Date:

End Date:

Reward:

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

Notes:

Weekly Reflections & Check-ins

Week 1 — What worked? What got in the way? One small tweak for next week:

Week 2 — Energy & mood check. What habit variation kept it fun?

Week 3 — Progress review. Where did I nearly miss? How will I prevent it next time?

Week 4 — What did I learn about myself? How will I sustain this habit post-30 days?
