



# 12 MONTH

---

## Habit Tracker

---

© 2022 THINKLIKEAGIRLBOSS

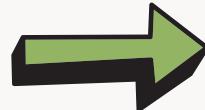
DAILY HABITS | OTHER HABITS | NUMERIC TRACKERS

**You will find the link to access your spreadsheet in the next page.**

In order to start editing the file, you need to create your own copy from my original. I provide two ways to do that in the next page.

Please **READ** this entire page before clicking any links.

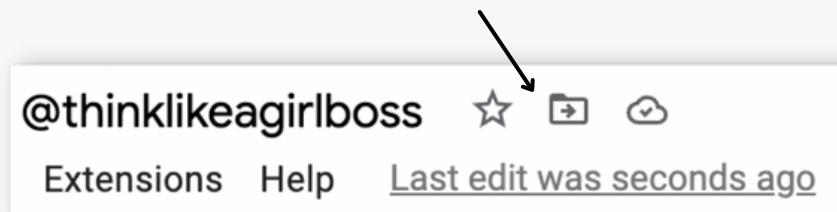
In order to start editing the file, you need to create your own copy from my original.



## CLICK HERE TO ACCESS THE TEMPLATE

A new browser tab will open, click on the **blue "Make a Copy" Button**.

If you want to move your copy to a different folder within your Google Drive, you can **click on this little folder** and choose a new location.



## IF THE PREVIOUS METHOD DOESN'T WORK CLICK HERE

Then, click on **File -> Make a Copy** and you'll be able to edit your own copy.  
*(You can find the File option right BELOW the spreadsheet name)*

You need to be **logged into a FREE Google account** in order to access the file. If you don't already have one, you can [sign up here](#).



Hello! And welcome to your 12 MONTH HABIT TRACKER.

I hope that, once you get the hang of it, this template can help you get organized and make your life easier.

If you have any questions please feel free to contact me.  
I'm always happy to help!

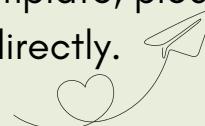
You can message me or send me an email to: [thinklikeagirlboss@gmail.com](mailto:thinklikeagirlboss@gmail.com)



YOU MAY use this template for PERSONAL USE.

**YOU MAY NOT use ANY PART of this template to create your own for-sale products.**

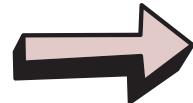
If you have any questions about how you may use this template, please refer to the last page of this PDF or contact me directly.



## Important note about the color:

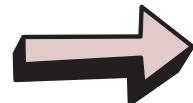
The Instructions PDF and Demo Video were created using the **PINK VERSION**. The layout is exactly the same and everything works the same way.

If you prefer to use the PINK version you can use this link to access it:



**CLICK HERE TO ACCESS THE PINK VERSION**

A new browser tab will open, click on the **blue "Make a Copy" Button**.

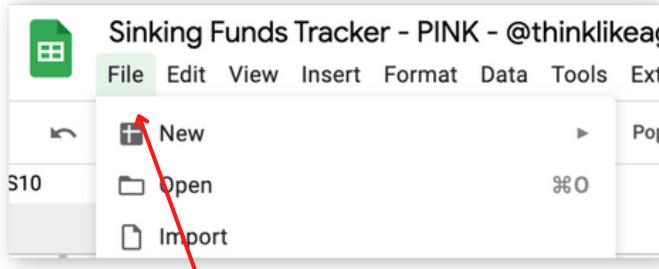


**IF THE PREVIOUS METHOD DOESN'T WORK CLICK HERE**

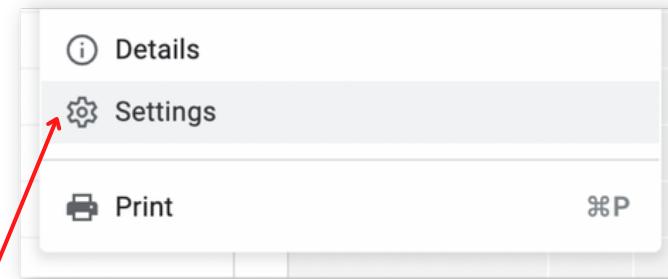
Then, click on **File -> Make a Copy** and you'll be able to edit your own copy.  
*(You can find the File option right BELOW the spreadsheet name)*

**This is one of the most important parts. Please don't skip this.**

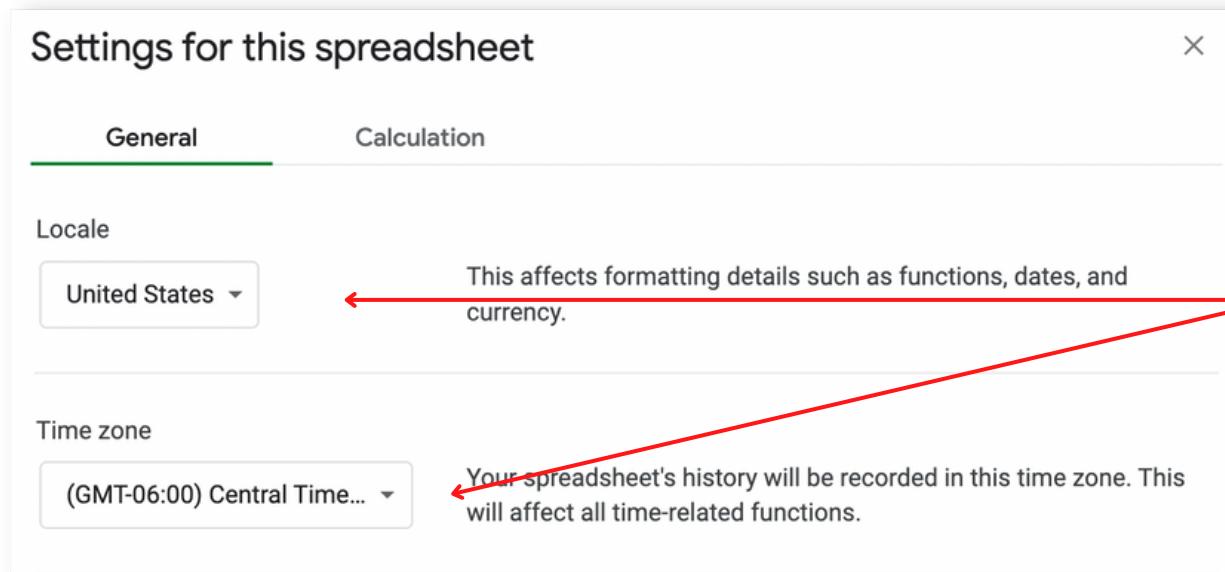
For the dates to update properly according to where you are in the world, you need to **update the timezone in your spreadsheet**. To do that, follow these steps:



**STEP 1:** Click on file.



**STEP 2:** Find the SETTINGS option at the bottom of the menu and select it.



**STEP 3:** Change the **Locale** and **Time zone** to match where you are located in the world.



# Demo Video:

If you want to watch the demo video, you might benefit from watching it before you continue reading. Sometimes just watching the videos is enough to get started, but I do go into greater detail in the written instructions you'll find in the following sections.

**CLICK HERE TO WATCH THE DEMO VIDEO.**

**SUBSCRIBE**



If you like my content, don't forget to subscribe, I will be uploading more products as well as more Google Sheets tutorials to help you create your own spreadsheets soon.

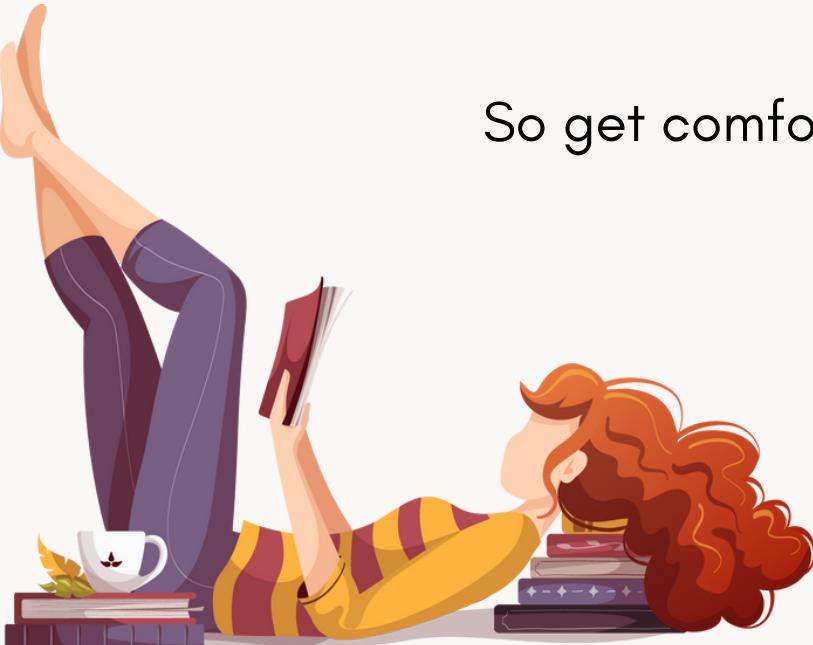


# Full Instructions.

I made a long instructional PDF because I LOVE filling my templates with functionalities, and I want you to know all about them, but don't worry it's mostly pictures. 😊

To get the most out of your template I HIGHLY RECOMMEND you read the full instructions.

So get comfortable, and let's jump right into it.



# SHEET 1:

---

*Customize your Template.*

---

**STEP 1:** If necessary, start by translating your Months, Weekdays and Weeks to a different language (using the "Your Translation" column).

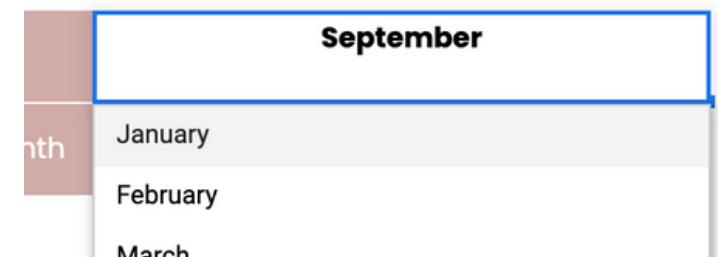
MONTHS	Your Translation
1	January
2	February
3	March
4	April
5	May
6	June
7	July
8	August
9	September
10	October
11	November
12	December

WEEK DAYS	Your Translation
1	Sunday
2	Monday
3	Tuesday
4	Wednesday
5	Thursday
6	Friday
7	Saturday

WEEKS	Your Translation
1	WEEK 1
2	WEEK 2
3	WEEK 3
4	WEEK 4
5	WEEK 5
6	WEEK 6

**STEP 2:** Set the Start Month by selecting a month from the drop-down and setting its corresponding year.

Start Month	September
Year of Start Month	2022



The rest of the months will be filled automatically.

	Month	Year	Unique Title
9	September	2022	September - 2022
10	October	2022	October - 2022
11	November	2022	November - 2022
12	December	2022	December - 2022
1	January	2023	January - 2023
2	February	2023	February - 2023
3	March	2023	March - 2023

These columns are automated,  
you should never edit them.

	Month	Year	Unique Title
9	September	2022	September - 2022
10	October	2022	October - 2022
11	November	2022	November - 2022
12	December	2022	December - 2022
1	January	2023	January - 2023
2	February	2023	February - 2023
3	March	2023	March - 2023
4	April	2023	April - 2023
5	May	2023	May - 2023
6	June	2023	June - 2023
7	July	2023	July - 2023
8	August	2023	August - 2023

This unique title will appear  
on the corresponding Habit  
Tracker tabs. **If you want to  
change them**, you should  
do it in this column.

**This titles must ALWAYS  
be unique.**

September – 2022

Summary

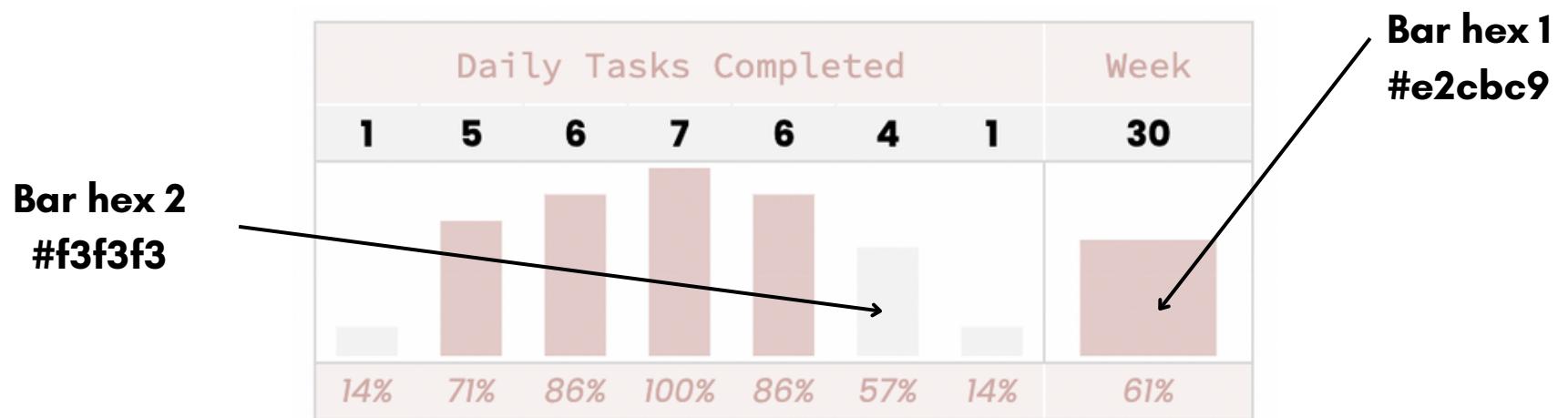
**IMPORTANT**

**NEVER** change them directly on  
the other tabs or you will break  
important functionalities.

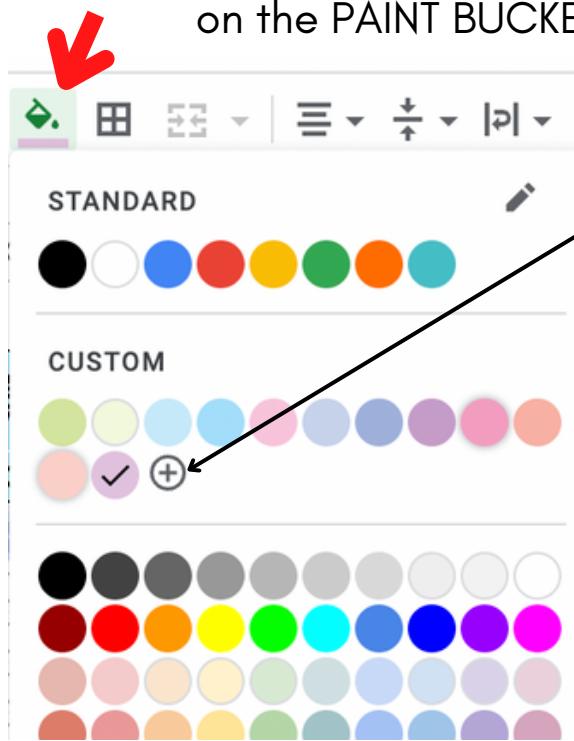
**STEP 3: Every color that exists has what is called a HEX value.** The values that you set here will paint your progress bars in that corresponding color.



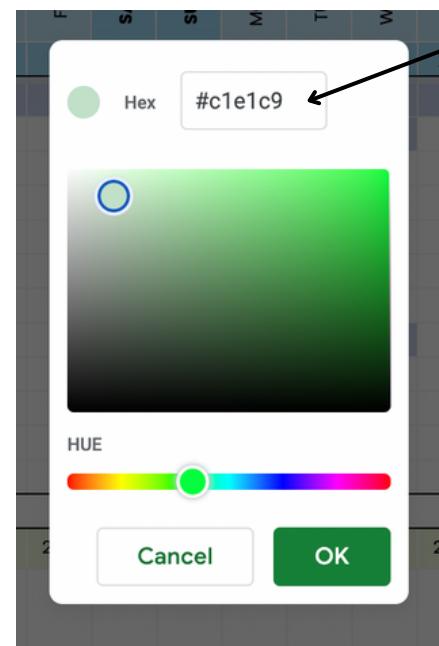
Your progress bars will be this color until they reach each tab's minimum percentage. Then, they will switch to the HEX color above (Bar hex 1).



To find a hex value directly in your spreadsheet select an empty cell and click on the PAINT BUCKET.



Then click on this PLUS SIGN.



This small window will appear. Once you pick a color just copy the hex value and paste here.

Bar hex 1	#e2cbc9
Bar hex 2	#f3f3f3

All your progress bars will now become this color.

**\*The demo video includes a demonstration on how to do this\***

**STEP 4:** Write up to 10 areas of your life. These labels will automatically become the titles for your tables in the Yearly Goals sheet.

AREAS OF YOUR LIFE	
1	Self-Care
2	Side Business
3	Saving
4	Reading
5	Exercise
6	other 6
7	other 7
8	other 8
9	other 9
10	other 10

July - 2022						
S	M	T	W	T	F	S
26	27	28	29	30	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	1	2	3	4	5	6
			2022			

Self-Care	
<input type="checkbox"/>	

Side Business	
<input type="checkbox"/>	

## HABIT TRACKER

Label	Your Translation
Daily Habits	Daily Habits
Other Habits	Other Habits
Days/Week	Days/Week
Numeric Trackers	Numeric Trackers
Monthly Stats	Monthly Stats
Days	Days
Completed	Completed
Days Missing	Days Missing
Daily Tasks Completed	Daily Tasks Completed
Week	Week
Weekly Tasks Completed	Weekly Tasks Completed
Extra Days	Extra Days
%	%
✓	✓
Days Expected	Days Expected
Days Completed	Days Completed
Days Missing	Days Missing
Tasks Completed	Tasks Completed
Monthly Daily Habits Progress	Monthly Daily Habits Progress
Missing	Missing
Weeks	Weeks
Weeks Completed	Weeks Completed
Weeks Missing	Weeks Missing
Bars change color on Days in month	Bars change color on Days in month
Goal	Goal

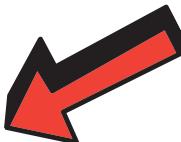
**IMPORTANT**

The CUSTOMIZE HERE sheet contains every label across the entire spreadsheet.

If you want to change a label, you should always do it from this sheet, specifically in the **"Your Translation" columns**.

**You should NEVER change labels directly on any other sheet.**

# IMPORTANT



Once you are done customizing your spreadsheet, I suggest you keep this copy as your blank original and start your year in a new copy.

**Every 12 months you can create a new copy from this blank original by clicking on FILE -> MAKE A COPY.**

This way you don't have to customize your new spreadsheet from scratch, you will already have all the basic information you need.

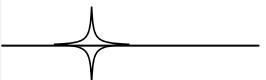
Please note that when you switch the start month, everything you entered will remain in the same tab where you entered it. **Your content will not be automatically moved around or deleted.**

# SHEET 2:

---

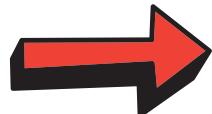
*Summary*

---



Use this section to quickly jump into the corresponding monthly habit tracker.

Summary				Link	Daily Habits Summary				Other Habits Summary			
						Tasks Completed	Missing		Tasks Completed	Missing		
7	July	2022	July - 2022	<a href="#">HT-1</a>	114	<div style="width: 53%; background-color: #e0b0b0;"></div>	53%	103	12	<div style="width: 60%; background-color: #e0b0b0;"></div>	60%	8
8	August	2022	August - 2022	<a href="#">HT-2</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
9	September	2022	September - 2022	<a href="#">HT-3</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
10	October	2022	October - 2022	<a href="#">HT-4</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
11	November	2022	November - 2022	<a href="#">HT-5</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
12	December	2022	December - 2022	<a href="#">HT-6</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
1	January	2023	January - 2023	<a href="#">HT-7</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
2	February	2023	February - 2023	<a href="#">HT-8</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
3	March	2023	March - 2023	<a href="#">HT-9</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
4	April	2023	April - 2023	<a href="#">HT-10</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
5	May	2023	May - 2023	<a href="#">HT-11</a>	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0
6	June	2023	June - 2023	<a href="#">HT-12</a>	1	<div style="width: 3%; background-color: #e0b0b0;"></div>	3%	29	0	<div style="width: 0%; background-color: #e0b0b0;"></div>	0	0



This sheet is filled automatically and is entirely READ ONLY.

You should never edit anything here.

**Link**

Click on any of these links and a box with a blue link will appear.

HT-1HT-2HT-3HT-4**HT-5**HT-6HT-7HT-8HT-9HT-10HT-11HT-12

Click on the link in the box to quickly jump into the corresponding sheet.

The current month will be highlighted.

I added a link to quickly jump back into this section on every Habit Tracker tab.

F	S
1	2

July - 2022

Summary

Summary!A1

Wake up early

Make Bed

These two sections will show the overall progress for both Daily Habits and Other Habits of each corresponding month.



11	November	2022	November - 2022	<a href="#">HT-1</a>	Daily Habits Summary			Other Habits Summary			Bars change colors on: <b>60%</b>		
					Days Missing			Days Missing					
					252		93%	18	13		54%	11	
12	December	2022	December - 2022	<a href="#">HT-2</a>	246		88%	33	0		54%	0	<b>80%</b>
1	January	2023	January - 2023	<a href="#">HT-3</a>	252		90%	27	0		54%	0	<b>80%</b>
2	February	2023	February - 2023	<a href="#">HT-4</a>	252		100%	0	0		54%	0	<b>80%</b>
3	March	2023	March - 2023	<a href="#">HT-5</a>	0		50%	0	0		54%	0	<b>80%</b>
4	April	2023	April - 2023	<a href="#">HT-6</a>	0		50%	0	0		54%	0	<b>80%</b>
5	May	2023	May - 2023	<a href="#">HT-7</a>	0		50%	0	0		54%	0	<b>80%</b>
6	June	2023	June - 2023	<a href="#">HT-8</a>	0		50%	0	0		54%	0	<b>80%</b>
7	July	2023	July - 2023	<a href="#">HT-9</a>	0		50%	0	0		54%	0	<b>80%</b>
8	August	2023	August - 2023	<a href="#">HT-10</a>	0		50%	0	0		54%	0	<b>80%</b>
9	September	2023	September - 2023	<a href="#">HT-11</a>	0		50%	0	0		54%	0	<b>80%</b>
10	October	2023	October - 2023	<a href="#">HT-12</a>	0		50%	0	0		54%	0	<b>80%</b>

This percentage is pulled from each individual habit tracker sheet, it controls when your progress bars will switch color on each month. **You will set this value on each individual sheet. You should NEVER change it here.**

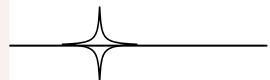
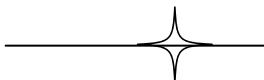


# SHEET 3:

---

*Yearly Goals*

---



A small calendar for each month is included in this view.

July - 2022						
S	M	T	W	T	F	S
26	27	28	29	30	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	1	2	3	4	5	6
	7				2022	

# **The calendar is READ ONLY.**

## **You should never edit it.**



You can use this section to write your top goals for the month.

Remember you can change the title for these tables in the CUSTOMIZE HERE sheet.

November - 2022						
S	M	T	W	T	F	S
30	31	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	1	2	3
4	5	6	7	8	9	10
11	2022					

The current month is highlighted.

The current day is highlighted.

AREAS OF YOUR LIFE	
1	Self-Care
2	Side Business
3	Saving
4	Reading
5	Exercise
6	other 6
7	other 7
8	other 8
9	other 9
10	other 10

Self-Care	Side Business	Saving	Reading
<input type="checkbox"/> Meditate 15 minutes daily	<input type="checkbox"/> Buy domain	<input type="checkbox"/> Save an extra \$100 this month	<input type="checkbox"/> Read Atomic Habits
<input type="checkbox"/> Yoga 3 times per week	<input type="checkbox"/> Set up website		
<input type="checkbox"/> Exercise 3 times per week			

Whenever you  
accomplish something,  
you can check this box.

Self-Care	
<input checked="" type="checkbox"/>	Meditate 15 minutes daily
<input type="checkbox"/>	Yoga 3 times per week
<input checked="" type="checkbox"/>	Exercise 3 times per week

Titles are automatically set  
using the table you customized  
in the CUSTOMIZE HERE sheet.

They are all the same for every  
month but you can also choose  
to change them manually  
directly on each table.

Please note that if you change them manually, you will lose the  
automation. You can always bring it back by copying and pasting the  
title cell from a still automated month (same column).



# 12 SHEETS:

---

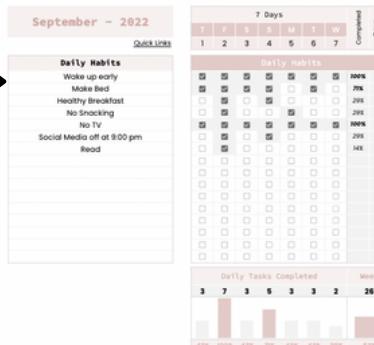
## Habit Trackers

---

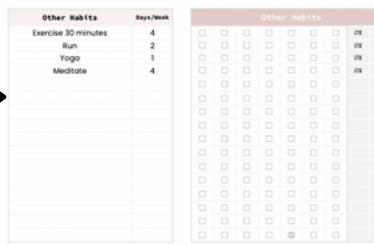
**First an overview of how the whole thing looks.**

Each month gets its own sheet. Days will update automatically when you change the starting month and year in the CUSTOMIZE HERE sheet.

# Daily Habits →



# X times a Week Habits →



# Numeric Habits



# Monthly Stats



For simplicity the "Extra Days" are not considered				
Other Habits	Weeks	Weeks Completed	Remaining	
Exercise 30 minutes	4	0	0	4
Run	4	0	0	4
Yoga	4	0	0	4
Meditate	4	0	0	4

## **Monthly Stats**

Each month **starts in DAY 1 and is divided every 7 DAYS**. Leaving extra days separate. It is built this way so the template can be used FOREVER.

7 Days							14 Days							21 Days							28 Days							Extra Days					
T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
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				
Daily Habits							Daily Habits							Daily Habits							Daily Habits							Daily Habits					
✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	□□□□□□□	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	✓✓✓✓✓✓✓	□□□□□□□	□□□□□□□	□□□□□□□			
100%	71% 2	29% 5	29% 5	100%	29% 5	14% 6	57% 3	43% 4	14% 6	29% 5	100%	29% 5	14% 6	100%	29% 5	57% 3	57% 3	57% 3	29% 5	71% 2	0% 7	29%	43%	14%	29%	0%	0%	29%	43%	14%	29%	0%	0%

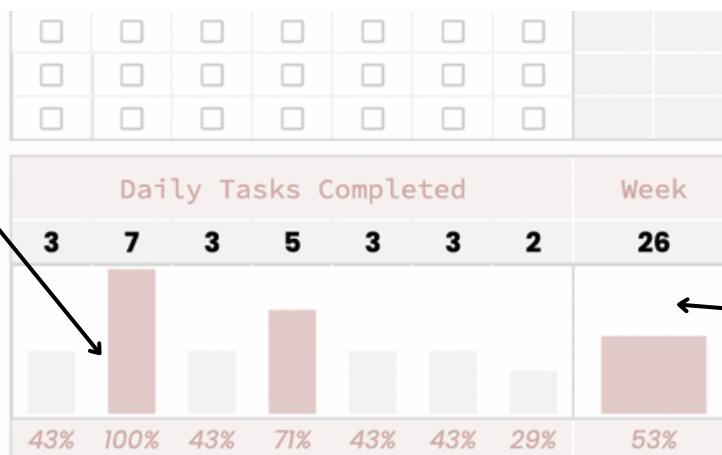
The current day will be highlighted.

Make a list of all your DAILY HABITS here. ONLY include habits or tasks that are **meant to be executed DAILY**. NON DAILY habits have their own section below.

Daily Habits
Wake up early
Make Bed
Healthy Breakfast
No Snacking
No TV
Social Media off at 9:00 pm
Read

Daily Habits								
<input checked="" type="checkbox"/>	100%							
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	71% 2
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29% 5
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29% 5
<input checked="" type="checkbox"/>	100%							
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	29% 5
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14% 6

You will find a progress bar that shows the number of DAILY tasks or habits you have completed for each day.



Every time you are done with a task or habit, you check the corresponding box for that day. Once checked, the cell will be colored.

The Completed Percentage and Days Missing will be updated automatically.

A weekly progress bar will be filled out completely if you check every single task, every single day of the week.

If you scroll to the right you will find the corresponding **Monthly Stats.**

This table is automated and will show your monthly progress for every task, along with the number of days you are missing.

Daily Habits	Days Expected	Days Completed	Days Missing
Wake up early	30	20	67% 10
Make Bed	30	13	43% 17
Healthy Breakfast	30	8	27% 22
No Snacking	30	9	30% 21
No TV	30	18	60% 12
Social Media off at 9:00 pm	30	9	30% 21
Read	30	2	7% 28

Tasks Completed 79 / 210	Missing
Monthly Daily Habits Progress: 79	38% 131

The overall monthly progress is shown here.

*The number of habits or tasks you entered is multiplied by the number of days in the current month, which results in the total monthly tasks.*

7 daily habits x 30 days = 210 tasks (79 completed 131 left)

**THIS ENTIRE SECTION IS READ ONLY, DO NOT EDIT ANYTHING OR THE SHEET WILL BREAK.**

If you scroll down you will find the OTHER HABITS section.

NON DAILY habits are entered in this table. Enter the habit or task and the number of days per week for that task.

Other Habits	Days/Week
Exercise 30 minutes	4
Run	2
Yoga	1
Meditate	2
	▼
	▼

Other Habits							100%	
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100%	
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100%	
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100%	
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100%	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Every time you are done with a task or habit, you check the corresponding box. Once you reach the number of days per week that you set for that habit or task, the entire row will be colored.

**It is important you remember to enter the number of days, or things won't work properly.**

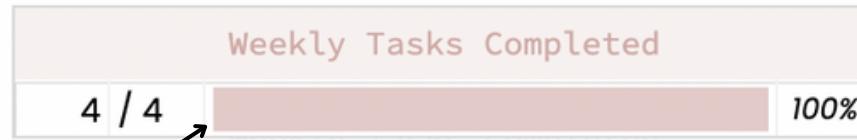
For weekly tasks (once per week) you will enter the number 1 and so on. Valid numbers go from 1 to 6. (7 would become a daily task and it would belong in the table on the top).

The Completed percentage and Days Missing will be updated automatically.

Other Habits	Days/Week
Exercise 30 minutes	4
Run	2
Yoga	1
Meditate	2
	▼
	▼



Other Habits								100%
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100%
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100%
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100%
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100%
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



Each week gets its own progress bar. Every time a task is completed for the week (meaning you checked the amount of days you established per week) the bar will move.

Scroll to the right to see the **Monthly Stats.**

Every time a task is completed for any week, the progress bar will move.

Other Habits	Weeks	Weeks Completed			Weeks Missing
		1	2	3	
Exercise 30 minutes	4	1			25% <b>3</b>
Run	4	1			25% <b>3</b>
Yoga	4	3	1		75% <b>1</b>
Meditate	4	1			25% <b>3</b>

*For simplicity the "Extra Days" are not considered*

For simplicity and to allow this sheet to be completely dynamic, no matter the year, we will consider 4 weeks on each month (4 groups of 7 days).

Extra days wont be considered on the "Other Habits" Monthly Stats section. (days 29,30,31)

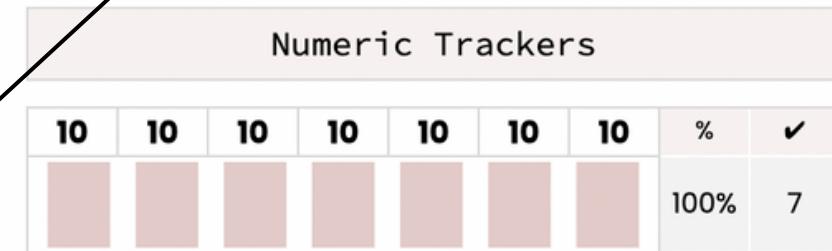
Extra Days		
T	F	S
29	30	
Other Habits		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Finally, you get your **Numeric Trackers**.

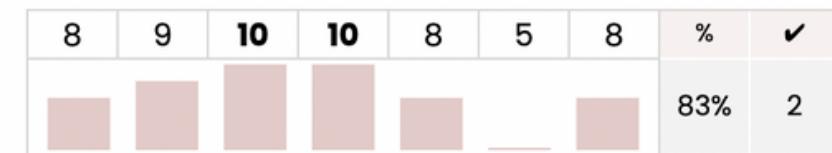
Set a **NUMERIC GOAL (no decimals)**.

Write down what you are tracking.

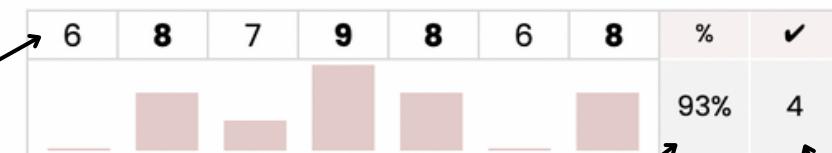
<b>Numeric Trackers</b>	
Glasses of Water	Goal <b>10</b>



<b>Numeric Trackers</b>	
How did you feel today?	Goal <b>10</b>



<b>Numeric Trackers</b>	
How many hours did you sleep?	Goal <b>8</b>

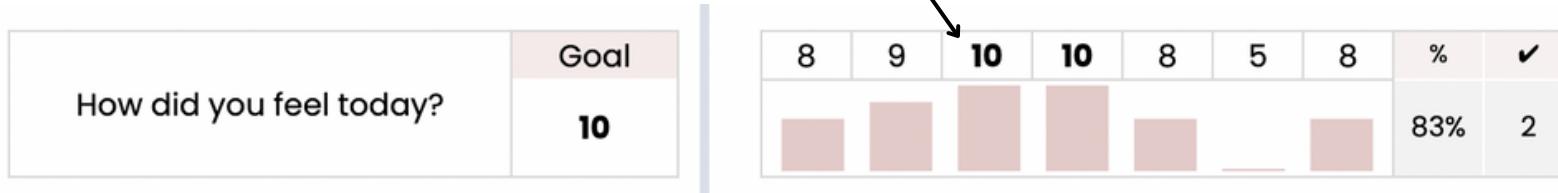


Each day, write the corresponding number you accomplished (**no decimals**).

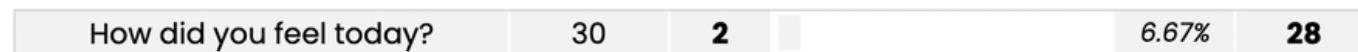
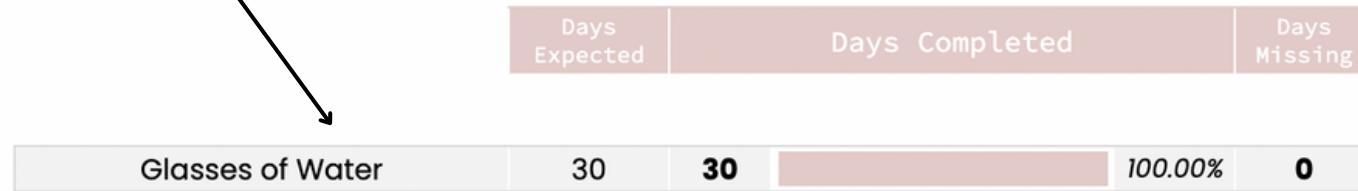
If you reach your goal every day, the percentage will become 100%.

For every day that you reach your goal, the counter will increase.

Whenever you reach your goal the number will turn bold.



If you scroll to the right you will get a total summary for each numeric tracker. This section is **READ ONLY**.



Number of days you reached your goal.

## EXTRA FEATURE

You can control when your progress bars change color by setting the minimum percentage in this cell.

**You can set a different percentage for each month.**

AZ	BA	BB	BC	BD	BE	
<b>Monthly Stats</b>						
Bars change color on:	50%		Days in month:	30		
Daily Habits	Days Expected		Days Completed		Days Missing	
Wake up early	30	20		67%	10	
Make Bed	30	13		43%	17	
Healthy Breakfast	30	8		27%	22	
No Snacking	30	9		30%	21	

**IMPORTANT:** This cell is used for important calculations. **Make sure to never change it.**

Bar hex 1	#e2cbc9
Bar hex 2	#f3f3f3

Remember you can change both progress bar colors in the CUSTOMIZE HERE sheet.

\*\* You can find a demonstration in the demo video \*\*

## **Adding rows to your habit tracker:**

If you want to add extra rows in your habit tracker  
you can find a demonstration on how to do that  
around the end of the demo video.



That's it! Thank you for making it this far!

I hope you get the most out of  
this template and enjoy using it!

If you have any questions please don't  
hesitate to message me or send me an  
email to [thinklikeagirlboss@gmail.com](mailto:thinklikeagirlboss@gmail.com)

I will be happy to help you!



## LICENSE FOR PERSONAL USE

YOU MAY use this template for **PERSONAL USE**.

**YOU MAY NOT use ANY PART of this template to create your own for-sale products.**

YOU MAY NOT resell, re-distribute, or share this digital resource. A personal use license is only valid for one person. If you know someone who would enjoy this resource, please direct them to my product page so they can purchase their own copy.

YOU MAY NOT profit from this template. If you can obtain any real world or virtual currency from this resource it means you are using it in a commercial manner which is prohibited by this license.

YOU MAY NOT claim copyrights to this resource.

The use of this spreadsheet is your own responsibility. The information contained in this template is for informational purposes only and is not intended to be a substitute for legal or financial advice that can be provided by your own attorney, accountant, and/or financial advisor. Although great care has been taken in preparing the information generated by this template, I cannot be held responsible for any errors or omissions, and I accept no liability whatsoever for any loss or damage you may incur.