

Habit / Task Check-Off Table

Four weeks to a page, two tasks to a sheet. Mark the day off when it is done, and write in what the reward is before you start — not after.

TASK _____

START DATE _____

								REWARD
Week One	1	2	3	4	5	6	7	
Week Two	8	9	10	11	12	13	14	
Week Three	15	16	17	18	19	20	21	
Week Four	22	23	24	25	26	27	28	

TASK _____

START DATE _____

								REWARD
Week One	1	2	3	4	5	6	7	
Week Two	8	9	10	11	12	13	14	
Week Three	15	16	17	18	19	20	21	
Week Four	22	23	24	25	26	27	28	