

BEYOND MARKS

MONTHLY CONSISTENCY TRACKER

Name: _____

Month: _____ Year: _____

Instructions

Choose one habit you want to build this month.
A missed day is not failure. Returning is success.

My Habit

Why Do I Want To Build This Habit?

Monthly Tracker

[illegible]

Reflection

How many days did I complete? _____ days

What helped me stay consistent?

When I missed a day, how quickly did I return?

What did I learn about myself this month?

Consistency is not never missing.

Consistency is returning.