24-Day Advent Habit Challenge 2026

One small habit a day from December 1 to Christmas Eve. Do the day's habit, tick the box. Swap any day you don't like before you start, not on the day. Gold days are rewards: write them in now.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Drink 8 glasses of water ☐	2 10-minute walk outside ☐	3 Write 3 things you're grateful for ☐	4 Phone out of the bedroom tonight ☐	5 Declutter one drawer ☐
6 Cook a new recipe ☐	7 🎁 Text a friend you miss Reward: ☐	8 Stretch for 10 minutes ☐	9 Read 10 pages ☐	10 No social media before noon ☐	11 In bed 30 minutes earlier ☐	12 Do something kind for a neighbour ☐
13 Plan next week's meals ☐	14 🎁 Walk 10,000 steps Reward: ☐	15 Write a thank-you note ☐	16 A no-spend day ☐	17 5 minutes of slow breathing ☐	18 Unsubscribe from 10 emails ☐	19 Donate something you don't use ☐
20 Call someone in your family ☐	21 🎁 Get outside in daylight Shortest day (north) Reward: ☐	22 Write one goal for 2027 ☐	23 A screen-free evening ☐	24 🎁 Write down your best moment of 2026 Christmas Eve Reward: ☐		

My swaps

Habits I'll keep in January

Days done: ___ / 24

Favourite day:

Keeping:

Reward days 7, 14, 21 and 24. Small ones, so the reward feels earned.