# New Year's Resolution Tracker 2027

Up to three resolutions, each turned into a small daily habit you can check off. Tick every day in January, take your reward on day 30, then check in once a month. Three is plenty: one you already do sometimes, one you really want, one that's easy.

## Resolution 1

**Resolution:**

**Daily habit (something to do):** **Reward on day 30:**

**January 2027: tick each day**

| Fri 1 | Sat 2 | Sun 3 | Mon 4 | Tue 5 | Wed 6 | Thu 7 | Fri 8 | Sat 9 | Sun 10 | Mon 11 | Tue 12 | Wed 13 | Thu 14 | Fri 15 | Sat 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sun 17 | Mon 18 | Tue 19 | Wed 20 | Thu 21 | Fri 22 | Sat 23 | Sun 24 | Mon 25 | Tue 26 | Wed 27 | Thu 28 | Fri 29 | Sat 30 🎁 | Sun 31 | |

**Then once a month: still doing it most days? ✓**

| Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | |

## Resolution 2

**Resolution:**

**Daily habit (something to do):** **Reward on day 30:**

**January 2027: tick each day**

| Fri 1 | Sat 2 | Sun 3 | Mon 4 | Tue 5 | Wed 6 | Thu 7 | Fri 8 | Sat 9 | Sun 10 | Mon 11 | Tue 12 | Wed 13 | Thu 14 | Fri 15 | Sat 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sun 17 | Mon 18 | Tue 19 | Wed 20 | Thu 21 | Fri 22 | Sat 23 | Sun 24 | Mon 25 | Tue 26 | Wed 27 | Thu 28 | Fri 29 | Sat 30 🎁 | Sun 31 | |

**Then once a month: still doing it most days? ✓**

| Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | |

## Resolution 3

**Resolution:**

**Daily habit (something to do):** **Reward on day 30:**

**January 2027: tick each day**

| Fri 1 | Sat 2 | Sun 3 | Mon 4 | Tue 5 | Wed 6 | Thu 7 | Fri 8 | Sat 9 | Sun 10 | Mon 11 | Tue 12 | Wed 13 | Thu 14 | Fri 15 | Sat 16 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sun 17 | Mon 18 | Tue 19 | Wed 20 | Thu 21 | Fri 22 | Sat 23 | Sun 24 | Mon 25 | Tue 26 | Wed 27 | Thu 28 | Fri 29 | Sat 30 🎁 | Sun 31 | |

**Then once a month: still doing it most days? ✓**

| Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | |

**Bad-week plan.** When I miss a day, the next day I'll do the smallest version: _____. Never miss twice.

On the days that are hardest (travel, late work, being ill), my minimum is: _____.