COUNTER APP — TALLY & CLICKER · PRINTABLE SHEET

Habit Tracker: Weekly Totals

Daily counts, weekly total against target, and a month at a glance

HOW TO USE

1. Write each habit and its unit (glasses, pages, minutes, times) and your weekly target.
2. Each day, write the count. On Sunday add up the week and tick whether you hit the target.
3. Copy each weekly total into the month table. Look at the trend, not a single bad day.

Name _____ Week of _____

Month _____

Main goal this month _____

THIS WEEK

Habit (unit)	Target / week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week total	Hit?

MONTH AT A GLANCE (WEEKLY TOTALS)

Habit	Target / week	Week 1	Week 2	Week 3	Week 4	Week 5	Month total	Note

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