

# Progress tracking calendar

Use this calendar to record your progress toward the goals you've set for yourself.

- Each behavior you plan to change is represented by a symbol.
- If you've met your goal(s) for the day, week or month, check the box for the appropriate symbol.

My goal(s) for this month:





 Healthy eating

 Quitting smoking

 Reducing risky drinking

 Increasing physical activity

Month:

Day 1 	Day 2 	Day 3 	Day 4 	Day 5 	Day 6 	Day 7 
Day 8 	Day 9 	Day 10 	Day 11 	Day 12 	Day 13 	Day 14 
Day 15 	Day 16 	Day 17 	Day 18 	Day 19 	Day 20 	Day 21 
Day 22 	Day 23 	Day 24 	Day 25 	Day 26 	Day 27 	Day 28 
Day 29 	Day 30 	Day 31 	Notes			