ADHD Habit Tracker

Did it ✅   Skipped it ⏩   Modified it 🔄   All three count.

Month: _____

✅ Did it (full version)   🔄 Modified (smaller version counts!)   ⏩ Skipped (no shame, just data)   ⭐ Streak! (3+ in a row)

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

MONTHLY REFLECTION

Which habits stuck? Which ones need to be made smaller?

Streaks don't reset on skip days. Missing one day doesn't erase ten good ones. 💜

Mini-Habit Starter Guide

The secret: start so small it feels stupid.

The ADHD Habit Formula

1. Make it tiny. "Exercise" → "Put on shoes." That's the habit. Everything after is bonus.

2. Attach it to something you already do. "After I pour coffee, I write one sentence." Not "write for 30 minutes."

3. Track the modified version. Did half? 🔄 counts. Did 10% of it? 🔄 counts. Showed up? 🔄 counts.

4. Skip without shame. ⏭️ is data, not failure. If you skip 5 days in a row, the habit is too big. Make it smaller.

5. Celebrate the streak, not the streak length. 3 days in a row? ⭐ That's a win. Don't compare to "normal" people doing 365.

Example Mini-Habits (start here)

Instead of: "Meditate 20 min"	**Try:** "Take 3 deep breaths"
Instead of: "Work out 1 hour"	**Try:** "Do 5 push-ups"
Instead of: "Read 30 pages"	**Try:** "Read 1 page"
Instead of: "Clean the house"	**Try:** "Put away 3 things"
Instead of: "Journal every day"	**Try:** "Write 1 sentence"

Your brain works differently. Your systems should too. 💜