



Children's Habit Tracker

Building good habits together!

Introduction

Building good habits from a young age is crucial for the overall development of a child. This habit tracker is designed to help parents and children work together in cultivating positive habits that will benefit them in the long run. It's not just about ticking boxes, but celebrating small victories and learning from the journey.

Instructions:

1. At the start of each month, sit with your child and decide on the habits you'd like to focus on.
2. Use the weekly tracker to monitor progress.
3. Celebrate and reward consistent habit completion! Remember, the key is consistency.

Monthly Overview - September

Use this space to jot down important events or specific habits to focus on this month.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Weekly Habit Tracker

Habit for the week: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Reward for completing the habit this week: _____

Habit for the week: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Reward for completing the habit this week: _____

Habit for the week: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Reward for completing the habit this week: _____

Habit for the week: _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Reward for completing the habit this week: _____

Notes and Reflections

Use this space to jot down any thoughts, observations, or feedback on the week.

Reward Ideas

- A fun day out.
- A new book.
- Extra playtime.
- Choice of movie for family movie night.
- A special treat or dessert.
- Stickers or small toys.
- Special one-on-one time with a parent.

Learn more about [Habit Formation for Kids](https://www.kokotree.com/habit-formation-for-kids) at Kokotree.com