28-Day Consistency Tracker

	BEHAVIOR GOAL	MON	TUE	WED	THUR	FRI	SAT	SUN	TOTAL	CONSISTENCY
WEEK 1	#1:									
WEEK 2	#1:									

CHECK IN: Time to evaluate your success! If you hit 80% consistency, add another new behavior.
If not, scale back your current behavior and continue to work on it.

WEEK 3	#1:									
	#2:									
WEEK 4	#1:									
	#2:									