Monthly Healthy Habits Tracker

HappyKids.fit

Colour a circle each day you complete a healthy habit

Name _____ Month _____

Day	Active play	Drink water	Eat fruit & veg	Read for 20 minutes	Screen-free hour	In bed on time
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	○	○	○	○	○	○

☆ **Optional: when I colour every circle, my reward is:** _____

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How to Use the Tracker: notes for grown-ups

How to Use the Tracker

1. **Print the tracker** at the start of the month and write the month at the top.
2. **Colour one circle** for each of the habits you've chosen when you complete it.
3. **Choose a reward if you like** and write it on the line at the bottom. It is optional.
4. **Look back each week** and talk about which habit felt easiest and which felt hardest.
5. **Keep it kind:** a missed day is fine. Just colour the next circle when you can.

Suitable for Ages 6–12

Choose habits that suit your child's age. Younger children may track two or three habits with help, while older children can manage all six on their own. Active play can add up through short bursts throughout the day; about an hour is a general guideline, not a rigid daily requirement.

Safety: Build up activity gradually and stop if anything hurts or your child feels dizzy or unwell. This tracker is for fun and encouragement, not a fitness test or medical advice.

Notes