Habit Tally

One tick each time. Fifth one crosses. 𝍸

MONTH _____ YEAR _____

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 _____	A _____																
	B _____																
2 _____	A _____																
	B _____																
3 _____	A _____																
	B _____																
4 _____	A _____																
	B _____																

		17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	TOTAL
1	A																
	B																
2	A																
	B																
3	A																
	B																
4	A																
	B																

Write what you're counting on each line. A and B carry on below.

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