

September Habit Tracker

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A streak tracker punishes you for missing. A returning tracker records how quickly you came back. This one is the second kind.

What to track

Pick no more than three. Fewer boxes filled honestly beats a full grid you resented.

- Opened my Bible (any amount counts).
- Prayed out loud, even one sentence.
- Wrote one line of thanks.

How to mark it

Use two marks instead of one, so the page tells the truth.

- A filled circle for a day you did it.
- An open circle for a day you did not.
- A small arrow on the day you returned after a gap — this is the mark that matters.

The end-of-month read

On September 30th, do not count the filled circles. Count the arrows. Then write one sentence about what made returning easier or harder.

September grid

Fill a circle for a day you did it, leave it open for a day you did not, and mark an arrow on the day you came back.

	1	2	3	4	5	6	7	8	9	10
Opened my Bible	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayed out loud	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wrote one line of thanks	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

	11	12	13	14	15	16	17	18	19	20
Opened my Bible	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayed out loud	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wrote one line of thanks	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

	21	22	23	24	25	26	27	28	29	30
Opened my Bible	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Prayed out loud	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Wrote one line of thanks	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Notes for this month

TAKE IT WITH YOU

Faithfulness is not an unbroken line. It is the number of times you came back.

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