2026 habit calendar: all twelve months

Published: 2026-10-25

January 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			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 ☐	

Observation

February 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						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 ☐	

Observation

Student Wyckoff · 2026-10-25

March 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						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 ☐					

Observation

Student Wyckoff · 2026-10-25

April 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		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 ☐			

Observation

Student Wyckoff · 2026-10-25

May 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				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 ☐

Observation

Student Wyckoff · 2026-10-25

June 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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 ☐					

Observation

Student Wyckoff · 2026-10-25

July 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		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 ☐		

Observation

Student Wyckoff · 2026-10-25

August 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					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 ☐						

Observation

Student Wyckoff · 2026-10-25

September 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	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 ☐				

Observation

Student Wyckoff · 2026-10-25

October 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			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 ☐	

Observation

Student Wyckoff · 2026-10-25

November 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						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 ☐						

Observation

Student Wyckoff · 2026-10-25

December 2026

Choose one habit for each month. Mark only actual observations. This is a dated manual record, not automatic tracking or a promise of habit formation.

My action: _____

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	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 ☐			

Observation

Student Wyckoff · 2026-10-25