

# 2024 Habit Progress Tracker

## How to Use This Document:

### What area of your life are you tracking?

Originally, this document was created to track my own 2024 Quilting Habits, but when I developed it to share with everyone, I left the word “Quilting” out of the title. My thought is that you could use this track whatever habits you want to implement in 2024, not just quilting habits. On the line, add your own topic. You could even print multiples to develop habits in other areas, not just quilting.

Example: 2024 \_\_\_\_\_ Habits Progress could be *Quilting* Habits Progress, *Healthy* Habits Progress, *Crafting* Habits Progress, or whatever you would like!

**Scoring:** I like to give a score because it is a quick reference to how well I am doing. The range of 0-5 works well, because it is based more on a grading system (former teacher here! 😊), with 5 = A, 4 = B, 3 = C, 2 = D, 1 = F, and 0 = Not Worked On At All.

**Grows and Glows:** Again this comes from my teaching background. Glows indicate the things you did well and Grows is where you could improve. This gives you an area to congratulate yourself with the progress you have made and an area for self-reflection regarding improvements you can make.

Here's an example of my first quilting goal.

January			
	Score (0-5)	Glows (What You Did Well)	Grows (Where You Can Improve)
Habit 2: <i>Finish Projects</i>	3	<i>I finished the project made for this month's tutorial by completing the hour glass quilt and the table runner. I did assess why I wasn't completing them, and one issue is not having the right sizes of batting. I ordered a roll of batting. Now to finish the quilts!</i>	<i>I didn't work on any past projects, but I will work on this moving forward.</i>

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## Habits Progress

January			
	Score (0-5)	Glow (What You Did Well)	Grow (Where You Can Improve)
Habit 1:			
Habit 2:			
Habit 3:			
Habit 4:			
Habit 5:			

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## Habits Progress

<b>February</b>			
	<b>Score (0-5)</b>	<b>Glow (What You Did Well)</b>	<b>Grows (Where You Can Improve)</b>
<b>Habit 1:</b>			
<b>Habit 2:</b>			
<b>Habit 3:</b>			
<b>Habit 4:</b>			
<b>Habit 5:</b>			



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## Habits Progress

<b>April</b>			
	<b>Score (0-5)</b>	<b>Glow (What You Did Well)</b>	<b>Grows (Where You Can Improve)</b>
<b>Habit 1:</b>			
<b>Habit 2:</b>			
<b>Habit 3:</b>			
<b>Habit 4:</b>			
<b>Habit 5:</b>			

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**Habits Progress**

<b>May</b>			
	<b>Score (0-5)</b>	<b>Glow (What You Did Well)</b>	<b>Grows (Where You Can Improve)</b>
<b>Habit 1:</b>			
<b>Habit 2:</b>			
<b>Habit 3:</b>			
<b>Habit 4:</b>			
<b>Habit 5:</b>			

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## Habits Progress

June			
	Score (0-5)	Glow (What You Did Well)	Grow (Where You Can Improve)
Habit 1:			
Habit 2:			
Habit 3:			
Habit 4:			
Habit 5:			

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July			
	Score (0-5)	Glow (What You Did Well)	Grow (Where You Can Improve)
Habit 1:			
Habit 2:			
Habit 3:			
Habit 4:			
Habit 5:			



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<b>August</b>			
	<b>Score (0-5)</b>	<b>Glow (What You Did Well)</b>	<b>Grows (Where You Can Improve)</b>
<b>Habit 1:</b>			
<b>Habit 2:</b>			
<b>Habit 3:</b>			
<b>Habit 4:</b>			
<b>Habit 5:</b>			

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<b>September</b>			
	<b>Score (0-5)</b>	<b>Glow (What You Did Well)</b>	<b>Grows (Where You Can Improve)</b>
<b>Habit 1:</b>			
<b>Habit 2:</b>			
<b>Habit 3:</b>			
<b>Habit 4:</b>			
<b>Habit 5:</b>			

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## \_\_\_\_\_ Habits Progress

<b>October</b>			
	<b>Score (0-5)</b>	<b>Glow (What You Did Well)</b>	<b>Grows (Where You Can Improve)</b>
<b>Habit 1:</b>			
<b>Habit 2:</b>			
<b>Habit 3:</b>			
<b>Habit 4:</b>			
<b>Habit 5:</b>			

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## Habits Progress

November			
	Score (0-5)	Glow (What You Did Well)	Grow (Where You Can Improve)
Habit 1:			
Habit 2:			
Habit 3:			
Habit 4:			
Habit 5:			

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## Habits Progress

<b>December</b>			
	<b>Score (0-5)</b>	<b>Glow (What You Did Well)</b>	<b>Grows (Where You Can Improve)</b>
<b>Habit 1:</b>			
<b>Habit 2:</b>			
<b>Habit 3:</b>			
<b>Habit 4:</b>			
<b>Habit 5:</b>			