

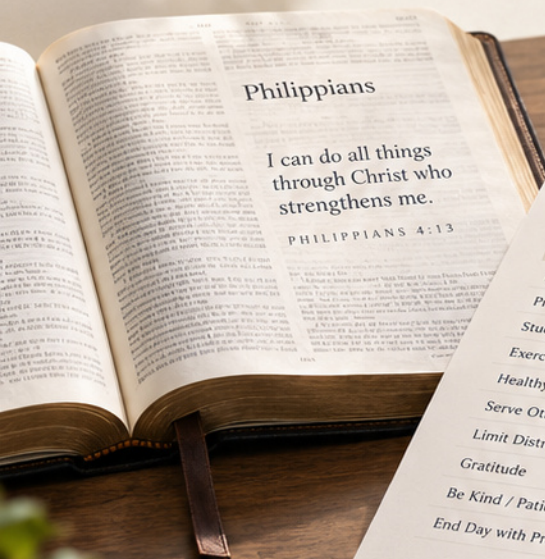
DISCIPLINE
TODAY
A STRONGER
TOMORROW*"But grow
in the grace
and knowledge
of our Lord
and Savior
Jesus Christ."*

2 PETER 3:18

Christian Habit Tracker

Build Consistency in Faith and Discipline

A simple tool to help you track the daily habits that support
spiritual growth, self-discipline, and faithful living.



Philippians

I can do all things
through Christ who
strengthens me.

PHILIPPIANS 4:13

BIBLICAL GROWTH PROJECT

DAILY HABIT TRACKER

Small, Faithful Steps. A Stronger Tomorrow.

DATE: _____

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN
Read Scripture	☐	☐	☐	☐	☐	☐	☐
Prayer	☐	☐	☐	☐	☐	☐	☐
Study / Learn	☐	☐	☐	☐	☐	☐	☐
Exercise	☐	☐	☐	☐	☐	☐	☐
Healthy Eating	☐	☐	☐	☐	☐	☐	☐
Serve Others	☐	☐	☐	☐	☐	☐	☐
Limit Distractions	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Be Kind / Patient	☐	☐	☐	☐	☐	☐	☐
End Day with Prayer	☐	☐	☐	☐	☐	☐	☐

Discipline in the small things leads to freedom in the big things.



Track what
matters



Build
momentum



Stay
consistent

ORDINARY
HABITS
EXTRAORDINARY
FRUIT*Scripture → Principle → Framework → Action → Growth*

QUICK START GUIDE

How to Use Your Christian Habit Tracker

This tracker is designed to help you practice a few important habits consistently. Start small, stay honest, and build momentum one day at a time.

1



Choose 3–7 habits

Pick the habits that matter most in this season of life.

2



Define them clearly

Make each habit specific enough to track honestly.

3



Track daily

Mark your progress each day instead of relying on memory.

4



Review weekly

Notice what is working, where you missed, and why.

5



Adjust and continue

Change what needs improvement and keep going next week.

Suggested habits to track

- Prayer
- Scripture
- Focused Work
- Health
- Relationships
- Stewardship
- Reflection

"But grow in the grace and knowledge of our Lord and Savior Jesus Christ."

2 PETER 3:18



Simple rule

Start with 3 habits if you feel overwhelmed. A smaller system you use consistently is better than a perfect system you abandon.

Scripture → Principle → Framework → Action → Growth

DISCIPLINE
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TOMORROW

WEEKLY TRACKER

Weekly Christian Habit Tracker

Track a few important habits each day. The goal is consistency, honesty, and steady growth.

Name: _____ Week of: _____

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Prayer	☐	☐	☐	☐	☐	☐	☐
Scripture	☐	☐	☐	☐	☐	☐	☐
Focused Work	☐	☐	☐	☐	☐	☐	☐
Health	☐	☐	☐	☐	☐	☐	☐
Relationships	☐	☐	☐	☐	☐	☐	☐
Stewardship	☐	☐	☐	☐	☐	☐	☐
Reflection	☐	☐	☐	☐	☐	☐	☐

How to use this page

- 1 Mark each day
- 2 Notice patterns
- 3 Be honest, not perfect

*"But grow in the grace
and knowledge of our Lord
and Savior Jesus Christ."*

2 PETER 3:18



Simple reminder

Aim for consistency, not perfection. Progress comes from faithful repetition.

Scripture → Principle → Framework → Action → Growth

DISCIPLINE
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HABIT PLANNING

Build Your Weekly Habit Plan

*Use this page to decide what you will track, why it matters,
and when you will practice it.*

1 Habit 1

Habit: _____
Why it matters: _____
When I will do it: _____
Trigger: _____
Small first step: _____

2 Habit 2

Habit: _____
Why it matters: _____
When I will do it: _____
Trigger: _____
Small first step: _____

3 Habit 3

Habit: _____
Why it matters: _____
When I will do it: _____
Trigger: _____
Small first step: _____

Questions to ask

- Is this habit clear?
- Can I do it this week?
- What could get in the way?
- How will I start small?

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2 PETER 3:18



Best practice

Pair each habit with an existing part of your day so it is easier to remember and repeat.

Scripture → Principle → Framework → Action → Growth

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WEEKLY REVIEW

Review Your Week and Reset

Use this short review to learn from the week, celebrate progress, and prepare for a better next step.

**Wins this week**

**Where I stayed consistent**

**Where I struggled**

**What got in the way?**

**One change for next week**

**Prayer for next week**

**My main lesson**

**Simple reminder**

Progress grows when you reflect honestly, make one useful adjustment, and keep going.

Scripture → Principle → Framework → Action → Growth

DISCIPLINE
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BIBLICAL ENCOURAGEMENT

Keep Going With Faithful Small Steps

Use these biblical reminders to stay encouraged as you build habits that support faithfulness, wisdom, and consistency.



GALATIANS 6:9

Do not grow tired of doing good.
Faithful effort matters.



LUKE 16:10

Faithfulness in small things
prepares you for more.



COLOSSIANS 3:23

Work wholeheartedly as unto the Lord.



EPHESIANS 5:15–16

Use your time carefully and wisely.



PSALM 119:105

God's word gives light and direction
for each step.

Next steps

- ✓ Choose next week's habits
- ✓ Print another tracker
- ✓ Review again at the end of the week
- ✓ Keep going with patience and faithfulness

*"But grow in the grace
and knowledge of our Lord
and Savior Jesus Christ."*

2 PETER 3:18



Small steps practiced faithfully can become strong lifelong patterns.

Scripture → Principle → Framework → Action → Growth