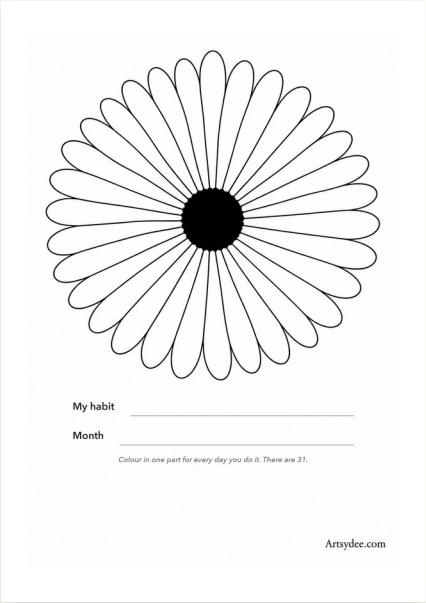
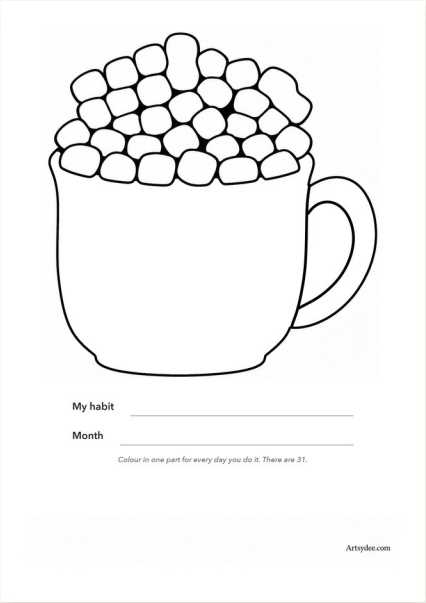
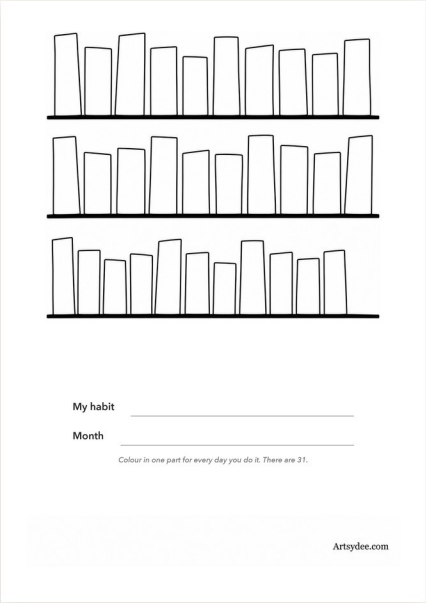
12 FREE COLOUR-IN HABIT TRACKERS

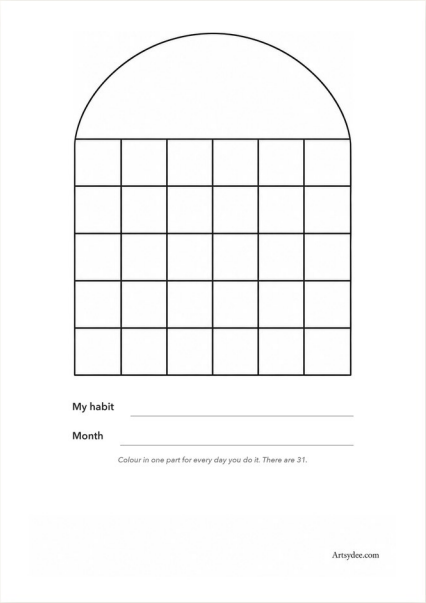
Habit Tracker Printable

A flower, a mug of marshmallows, a bookshelf and more: 31 parts each, one for every day of the month

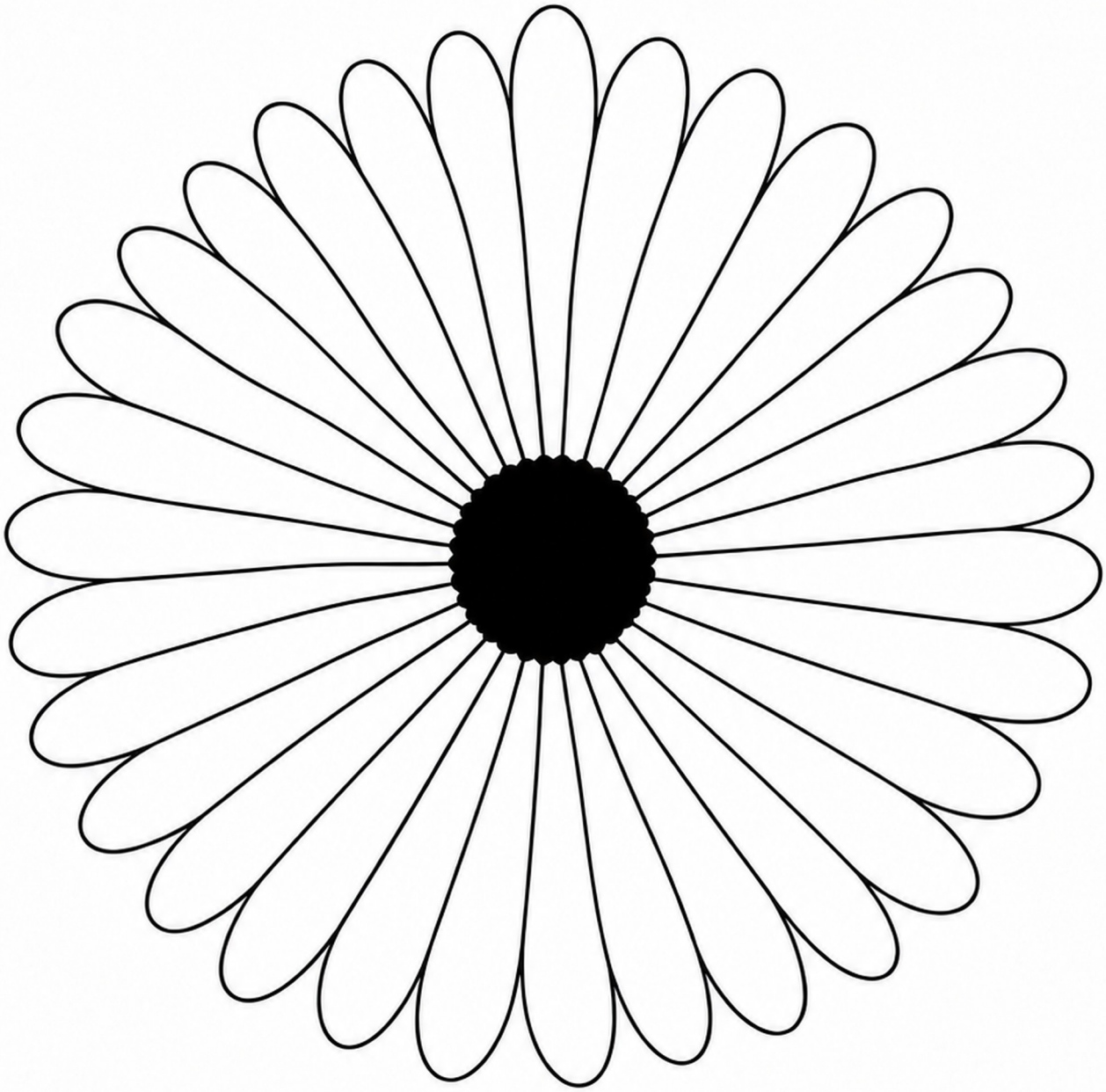








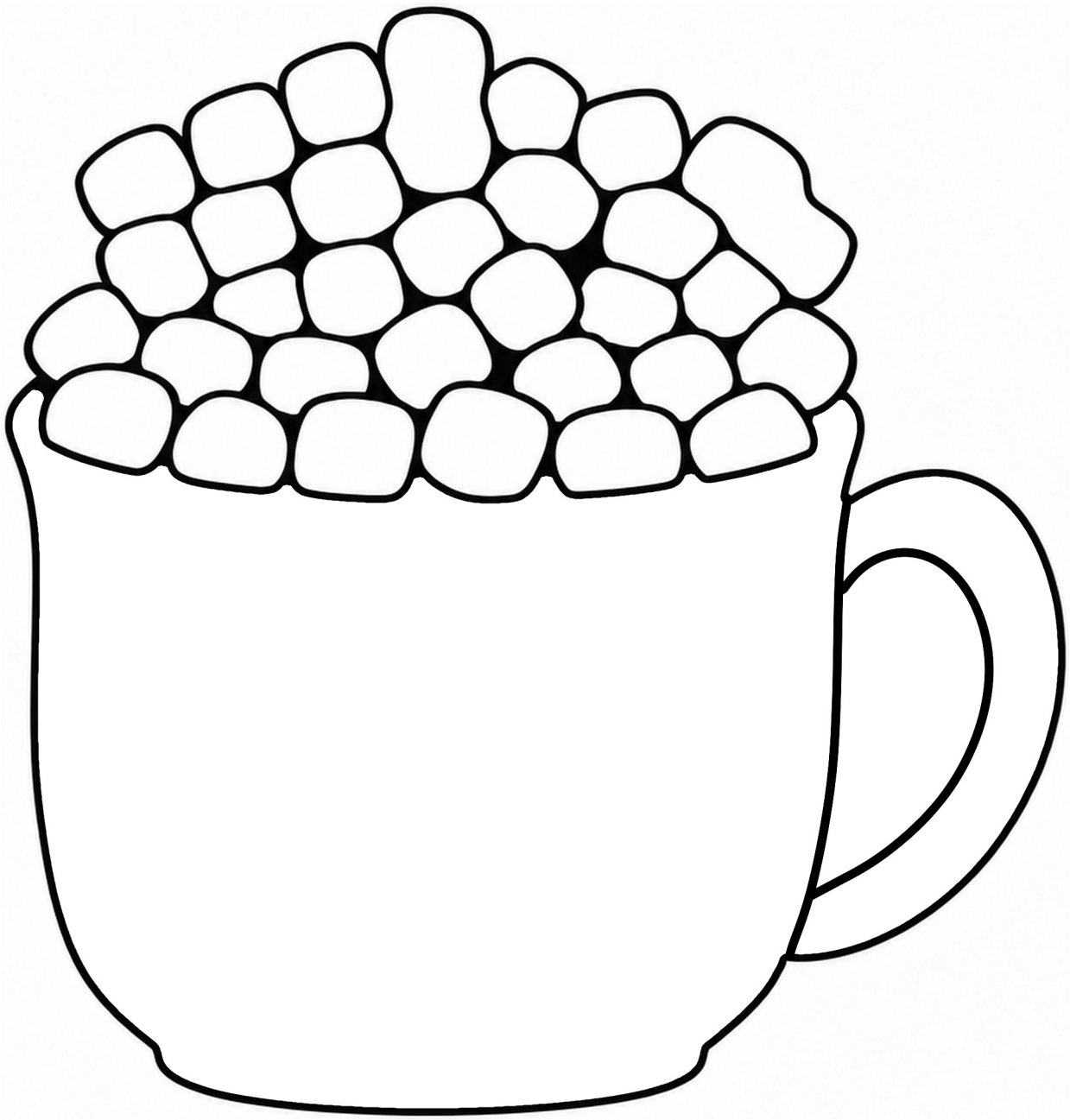
Print at 100% on A4. Coloured pencils or felt tips are perfect.



My habit _____

Month _____

Colour in one part for every day you do it. There are 31.



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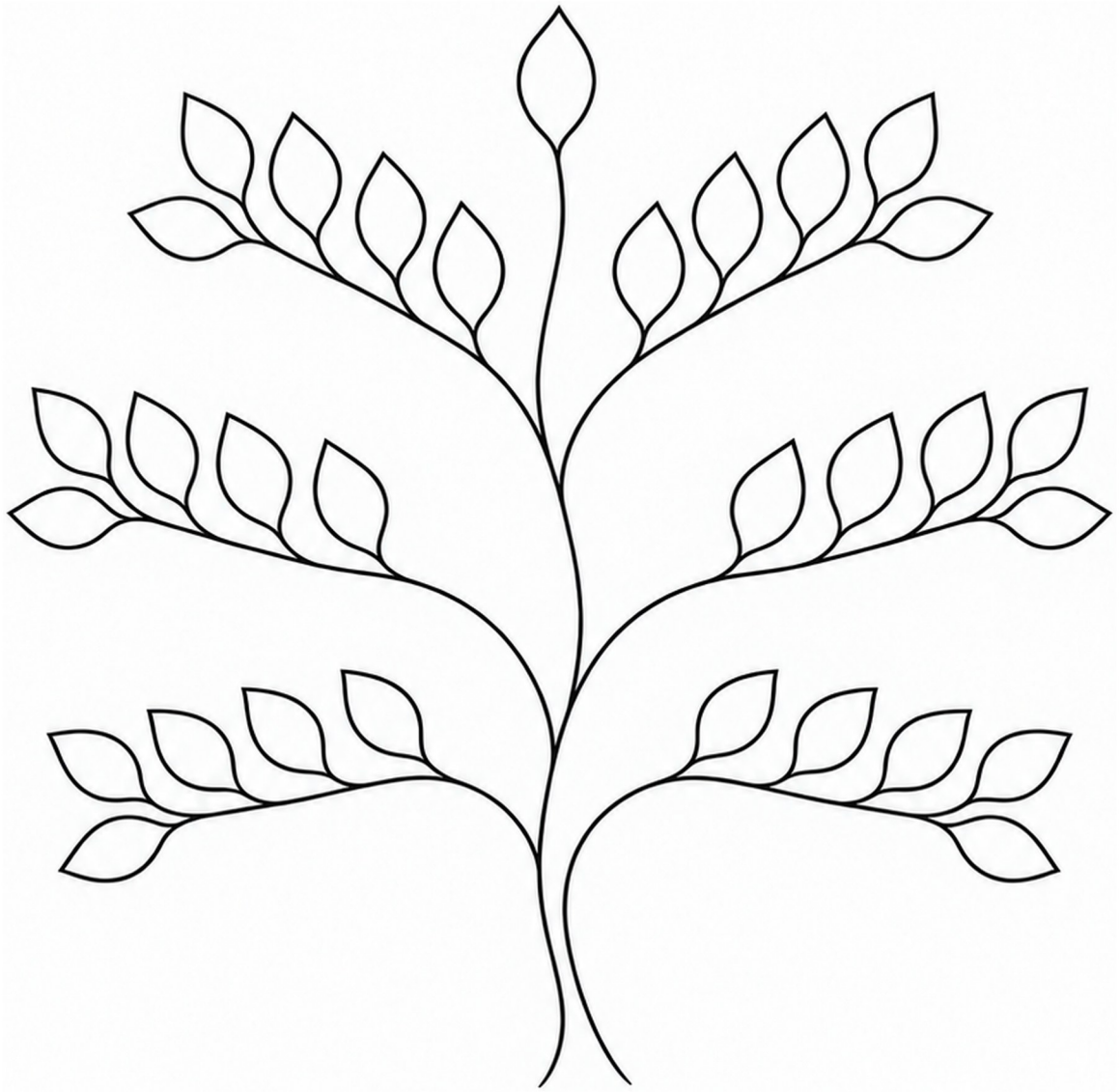

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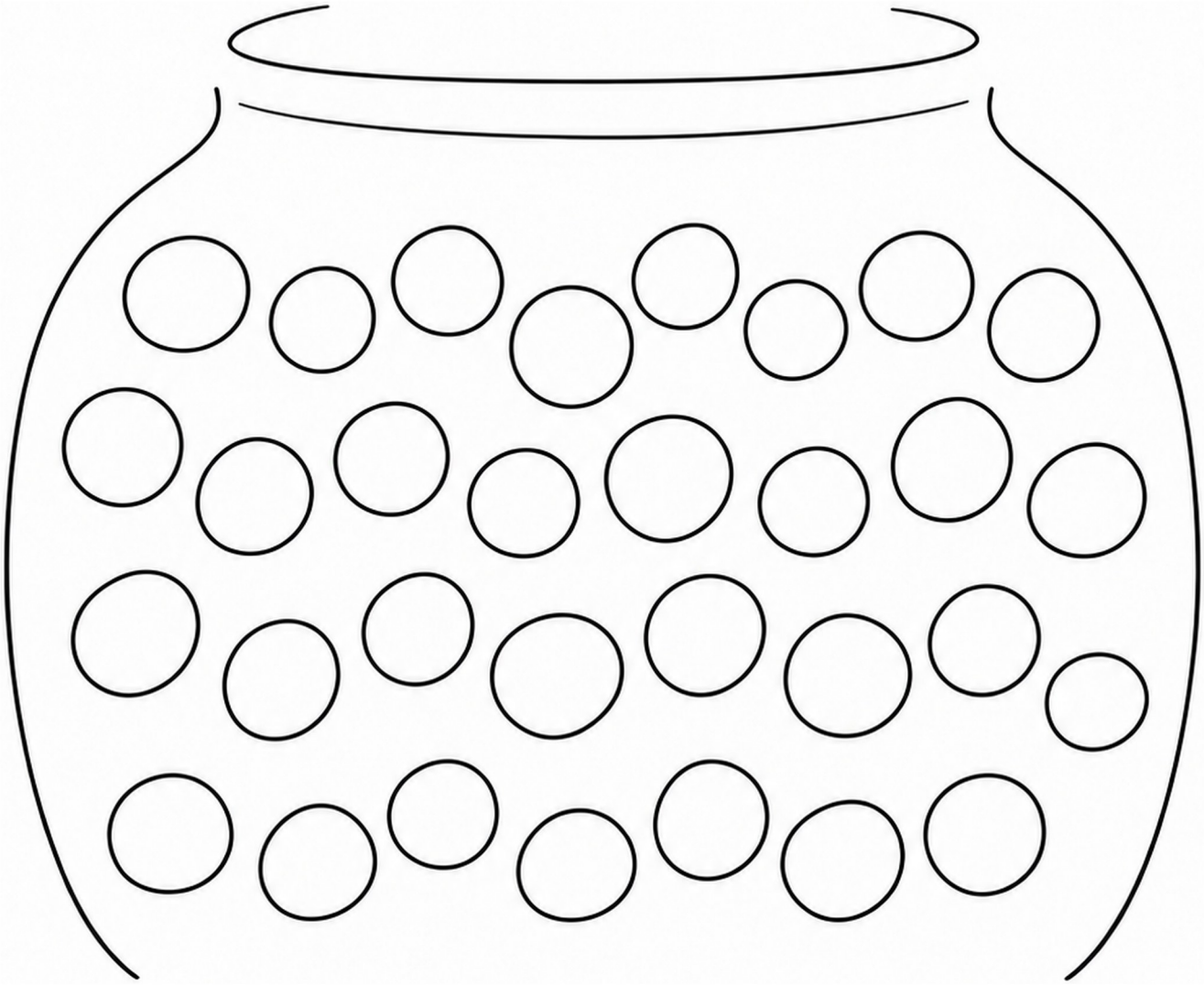

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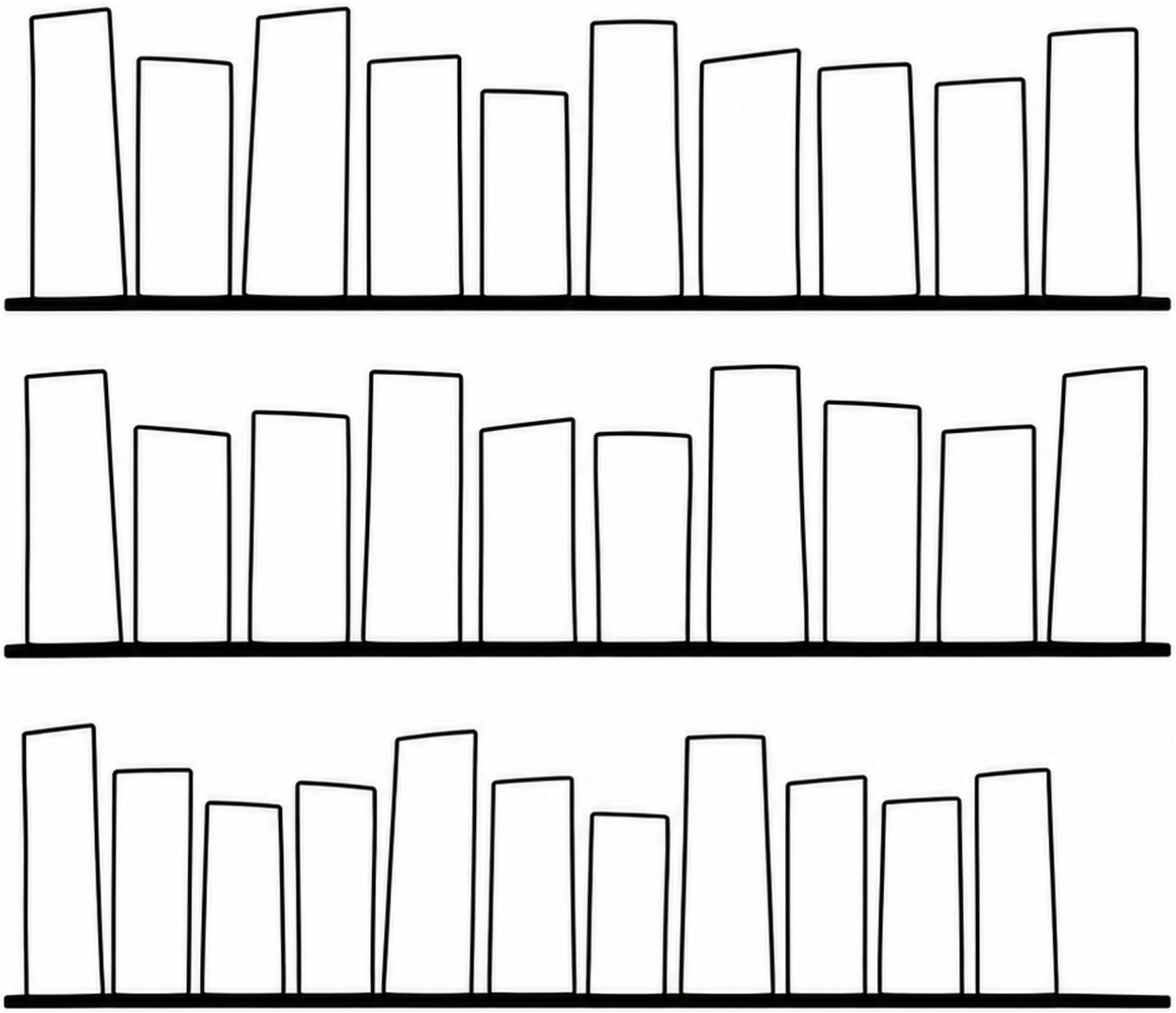

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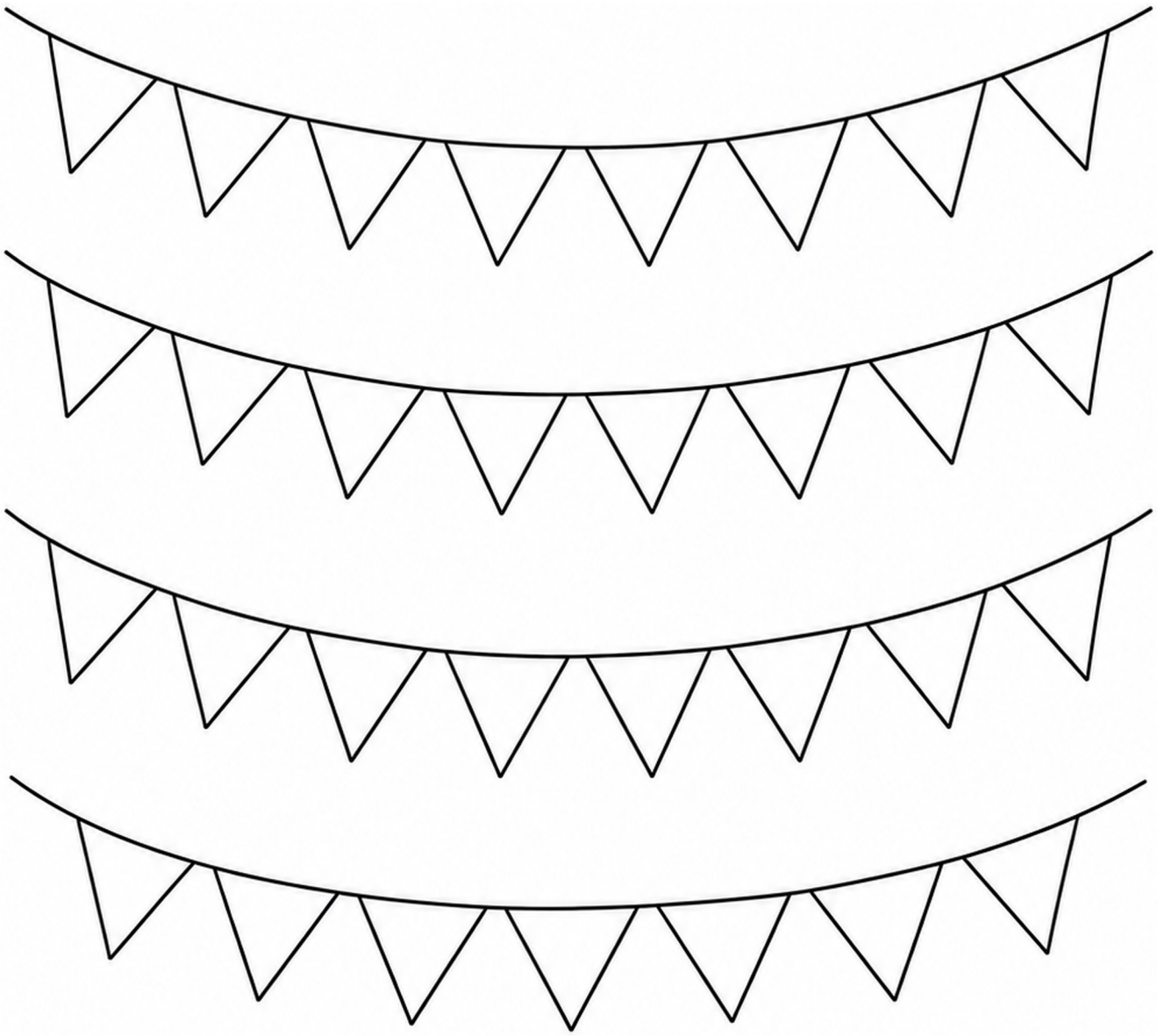

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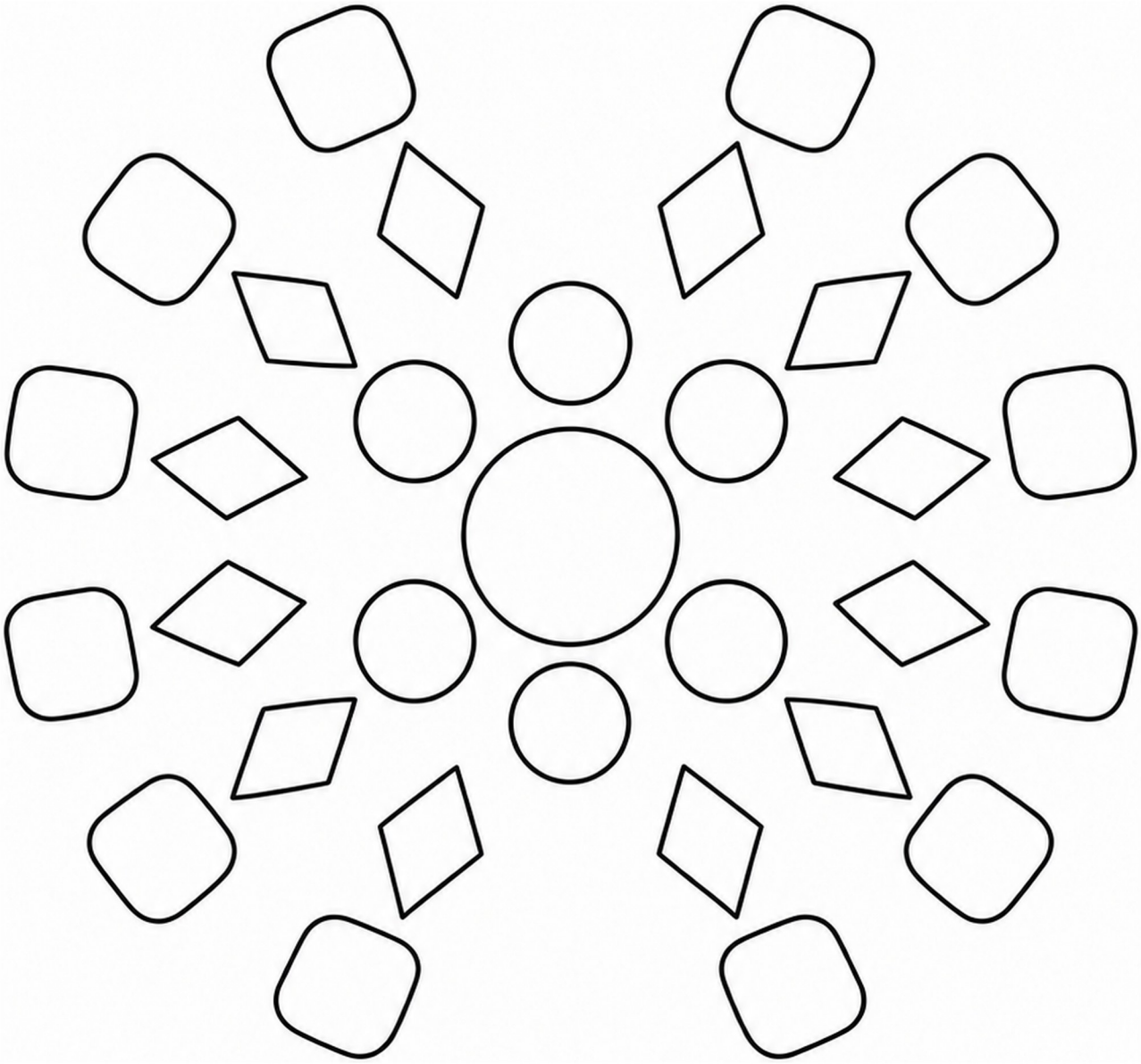

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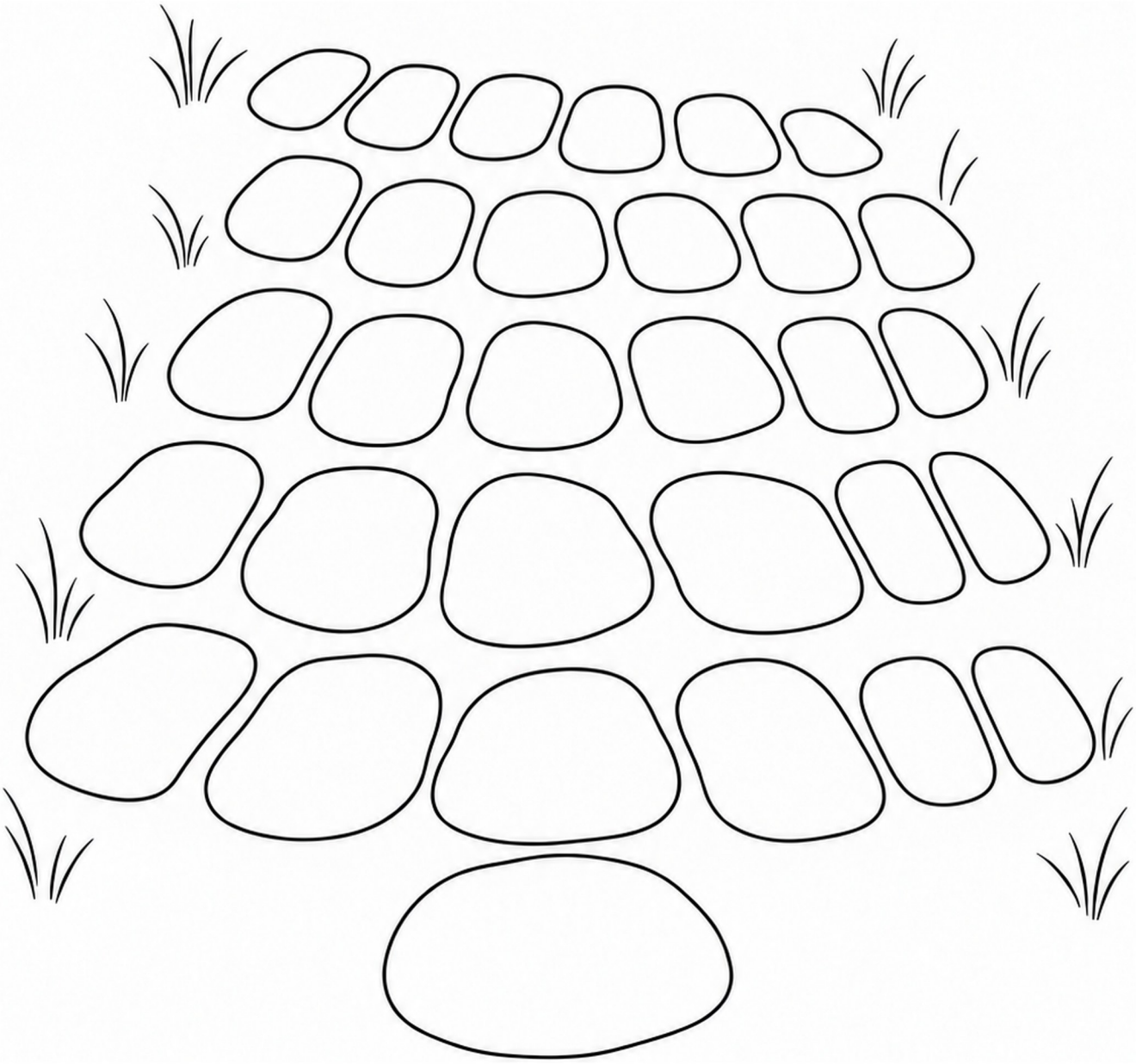

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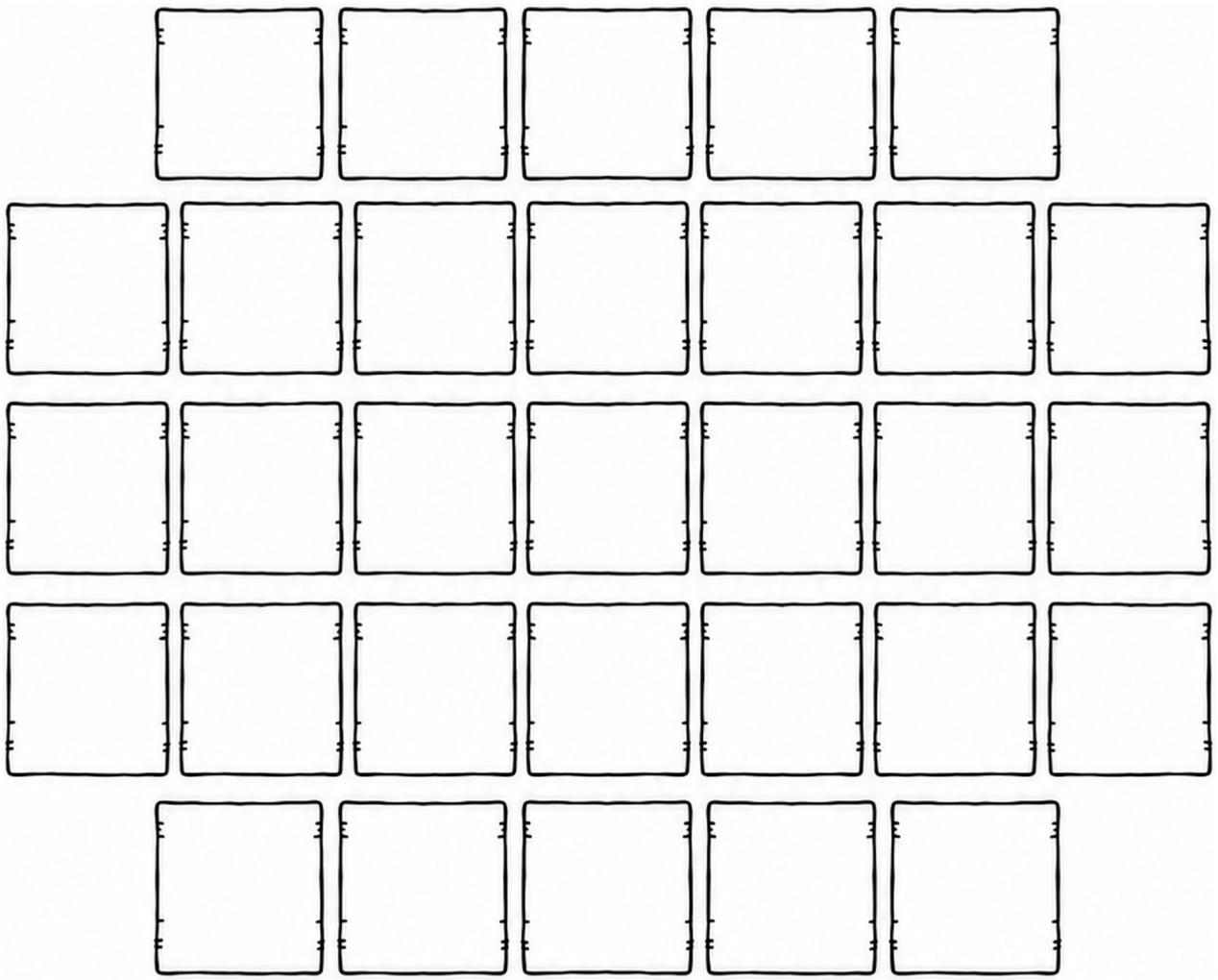

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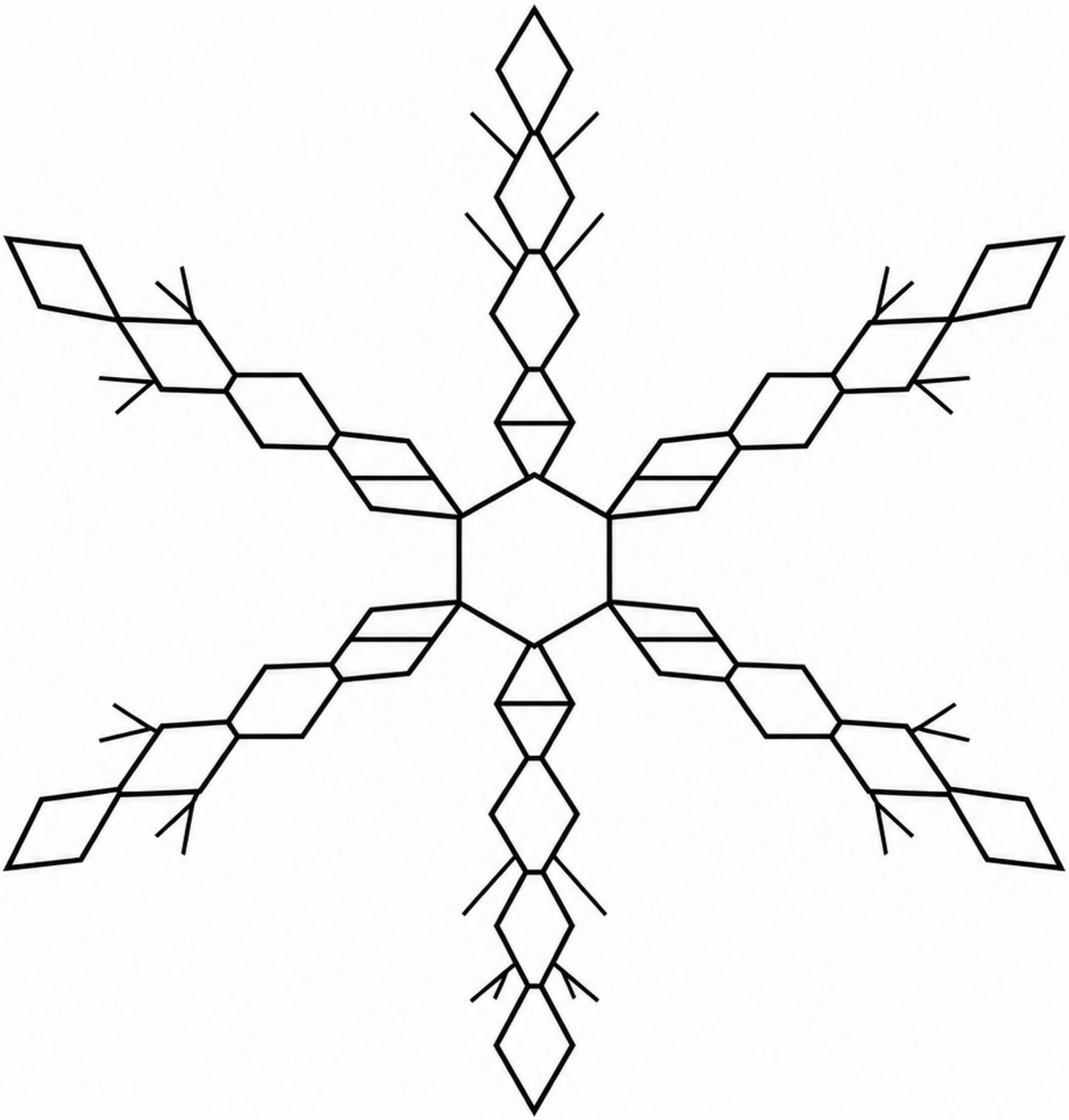

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Artsydee.com



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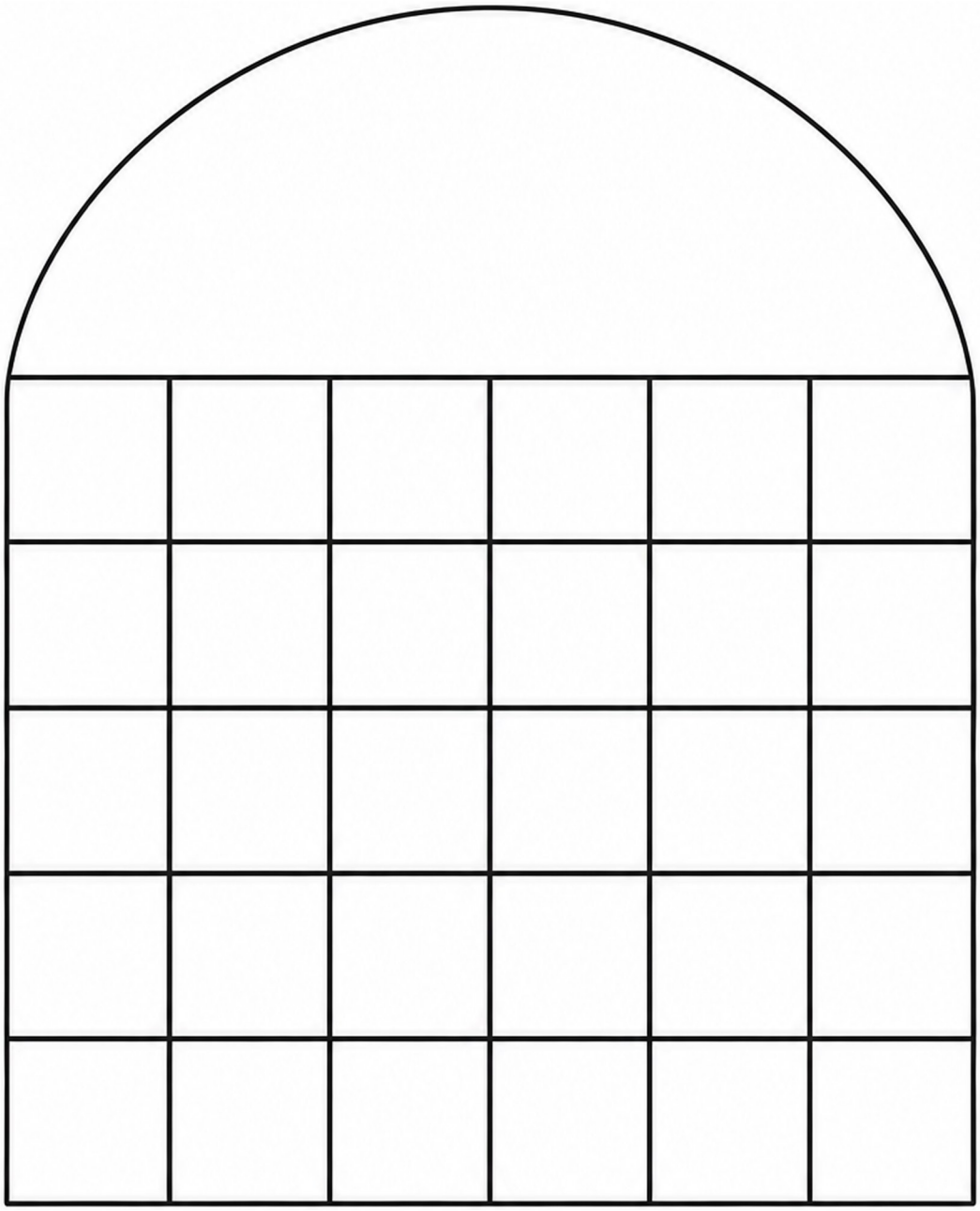

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HOW TO USE THEM

One habit, one month

1. Pick one small habit

Something you can do in a few minutes: a glass of water, ten minutes of drawing, a walk, reading before bed.

2. Choose a picture for the month

Write the habit and the month on the lines. Maybe the marshmallow mug for January and the flower for spring.

3. Colour one part a day

Every day you do it, colour in one part. There are 31, so a full picture means a full month.

4. Missed a day?

Just leave that part blank and carry on. A picture with a few gaps still shows how far you've come.

5. Keep them together

Pop the finished pages in a folder or your journal. By the end of the year you'll have twelve little pictures of your year.

Printing your pages

A quick guide to the questions people ask me most. Keep it by your printer!

1 No printer?

No problem. Put the files on a USB stick or email them to yourself, then print at a library or a print shop (for example Ryman in the UK or Staples in the US). Ask for "actual size" on matte paper.

2 A4 or US Letter?

My pages are A4. On US Letter paper, choose "Fit to page" (or "Scale to fit") in the print box, so nothing gets cut off.

3 Too big or cut off?

Check the paper size in the print box matches the paper in your tray (A4 or Letter). Then choose "Fit to page" and turn off "borderless" printing.

4 Which paper?

Journal pages: matte paper, 120–160gsm. Covers and envelopes: thin card, if your printer takes it. Glossy paper is not good for glue or paint.

5 Watercolour templates

Only feed watercolour paper through a printer with a rear or manual feed (check its heaviest paper). Or print on ordinary paper and trace the lines onto watercolour paper at a sunny window or on a lightbox.

6 Print one test page first

Check the size and the colours on one page before you print the whole set. It saves paper, ink and tears.

7 Saving ink

Use "draft" or "economy" mode for background papers you'll write over, and print only the pages you need by typing a page range in the print box.

8 Booklet or two-up pages

If your kit has a booklet version, print it double-sided with "flip on short edge", then fold the sheets in half and nest them together.

9 No need to print at all

You can open the PDF or the image files on an iPad in an app like Goodnotes or Procreate, and journal or paint straight onto the pages.

Still stuck? Email me at info@artsydee.com with a photo of what's happening, and I'll help.

Happy making, Dee x · *artsydee.com*

FOR A GENTLE DAILY HABIT

Gratitude Journal Kit

91 printable pages to make a gratitude journal: daily pages, watercolour colouring templates and junk journal pages, all in one kit.

Gratitude Journal Kit

£14.50 (about $19)

See the full kit

payhip.com/b/rzjAX

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