Travel habit tracker

Pick a few practical habits that suit this trip. Consistency helps more than a grand promise you abandon at the first station.

Choose up to five habits

Habit	Why it fits this trip
Refill a bottle where safe drinking water is available	
Use suitable public transport or walk when practical	
Reuse bags and decline unneeded extras	
Respect wildlife rules and give animals space	
My own habit:	

Other options: avoid unnecessary laundry, use heating and cooling sensibly, support a local business or leave a picnic spot clean. Choose what is practical for your health, access needs and destination.

What will make these habits easier?

30-day tracker

Write your five habit names across the top. Tick what you did; leave the rest blank. This is a record, not a moral score.

Day	Habit 1	Habit 2	Habit 3	Habit 4	Habit 5
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A useful review

What was easy to keep doing?

What got in the way: cost, access, time, energy or something else?

What will I change next week?

If a habit conflicts with safety, health or access needs, adapt it. You don’t need to make a difficult journey harder to complete a tracker.