

Digital Skills Habit Tracker

A flexible 30-day record of practice, progress and small wins.

Choose a realistic skill and log each session. Mark practice complete when you apply what you learned. A missed day does not reset your progress; resume with one small step.

30-day practice log

Day	Date	Skill category	Skill being learned	Minutes	What I learned	Practice done	Notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

30-day practice log · Days 16–30

Day	Date	Skill category	Skill being learned	Minutes	What I learned	Practice done	Notes
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							