FREE PRINTABLE

DUTCH DOOR
HABIT TRACKER

Monthly + weekly trackers

with the signature cut-flap guide

6 FREE PRINTABLE PAGES

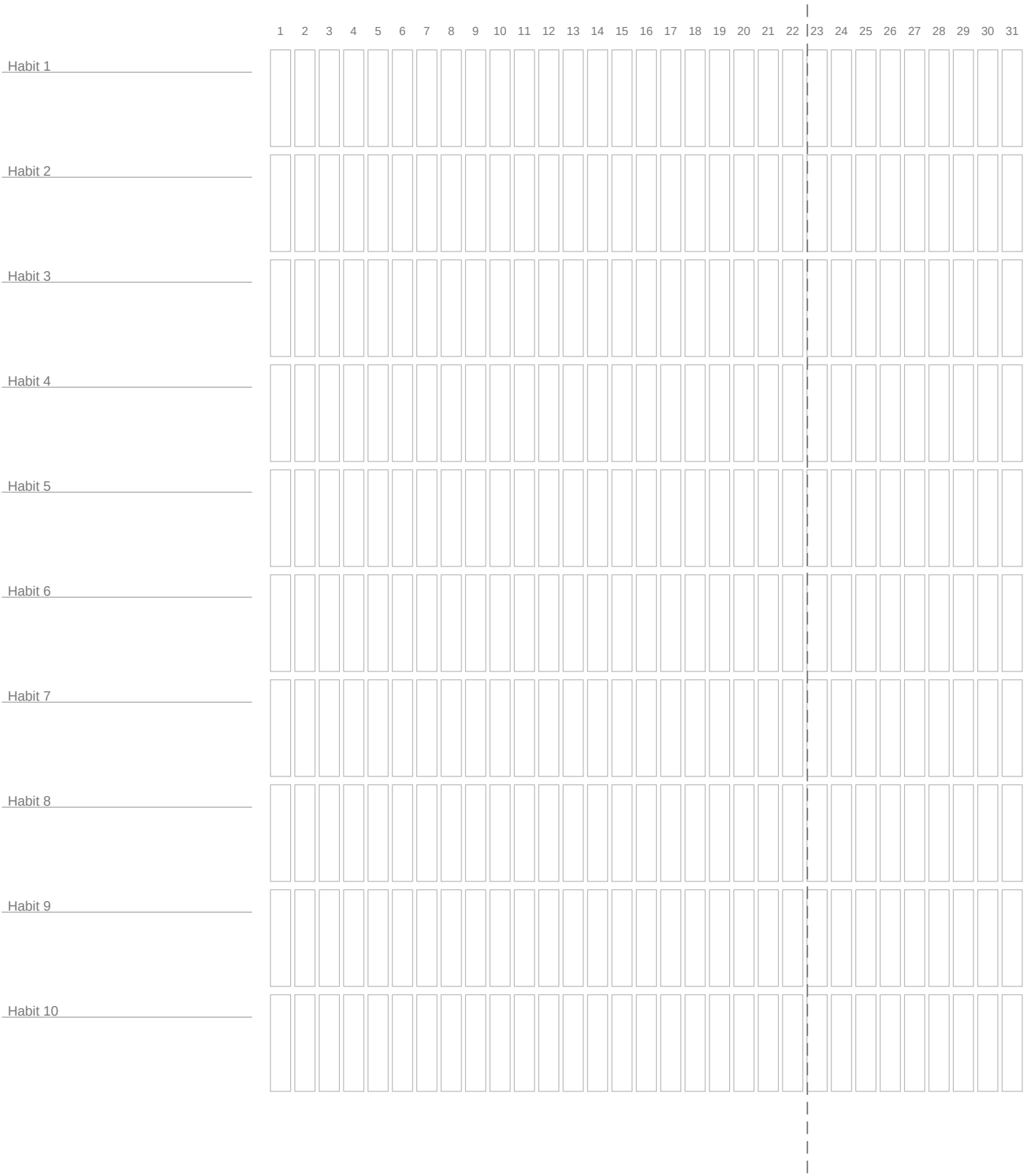
Print at home | Cut the flap | Track daily

HABIT TRACKER

Cut along the dashed line to make your Dutch-door flap

MONTH: _____

CUT HERE



Cut this strip, fold it back - your Dutch-door flap.

WEEKLY HABIT TRACKER

Small steps every day

WEEK OF: _____

	M	T	W	T	F	S	S

WEEKLY WINS: _____

MONTHLY GOALS

Three goals. Clear actions. No clutter.

MONTH: _____

TOP 3 GOALS THIS MONTH

GOAL 1

GOAL 2

GOAL 3

ACTION STEPS

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

DUTCH-DOOR ASSEMBLY GUIDE

Set up your planner in 5 minutes

1. PRINT

Print the pages you need on US Letter (or A4 fit-to-page). Undated: reprint any page, any year.

2. CUT THE FLAPS

Cut along the dashed line on the Habit Tracker page. This creates the Dutch-door flap.

3. PUNCH & BIND

Hole-punch full pages for your binder. Slip the narrow flap behind its divider tab.

4. USE DAILY

Flip main pages while the habit flap stays visible - check habits without losing your page.

5. REPRINT ANYTIME

Mess up a week? Just reprint that page. Your planner never runs out.

Thank you for your purchase!

Questions? Message us anytime through Etsy - we reply fast.

Want the Full Planner?

This free pack is just the beginning.

The complete 20-page planner adds:

- Weekly + daily spreads
- Brain dump + task chunking
- Budget + meal plan
- Monthly calendar
- 20 pages, undated

Get it on Etsy:

etsy.com/listing/4601520894

ADHD Dutch Door Planner | Printable PDF