30-day habit-free tracker

KIND STREAK

Tick or color a box for each habit-free day. Blank days are okay — just keep going.

Start date: _____ My reward at the end: _____

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
milestone					
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
	milestone				
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
					milestone
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30

Kind Streak trackers are self-help tracking tools, not medical advice or treatment. Need support? SAMHSA 1-800-662-4357 · Call/text 988 · kindstreak.netlify.app/get-help
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KIND STREAK · MILESTONE



30 habit-free days

This celebrates

for showing up for yourself, one day at a time.

Date _____ Signed _____

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Get help — free & confidential

KIND STREAK

You never have to do this alone. Reaching out is a strength.

SAMHSA National Helpline

1-800-662-4357 (1-800-662-HELP). Free, confidential, 24/7, English & Spanish. Treatment referral and information for substance use and mental health. samhsa.gov

988 Suicide & Crisis Lifeline

Call or text 988, or chat at 988lifeline.org. Free, confidential, 24/7 support in emotional distress, including alcohol or drug concerns.

Problem gambling

National Problem Gambling Helpline: call or text 1-800-MY-RESET (1-800-697-3738), or 1-800-522-4700. 1-800-GAMBLER also operates. Free, confidential, 24/7.

Quitting smoking or vaping

1-800-QUIT-NOW (1-800-784-8669) connects you to your free state quitline. Free tools, texts and apps at smokefree.gov.

In an emergency

Call 911. If stopping alcohol (or some other substances) after heavy daily use, talk to a doctor first: withdrawal can be dangerous.

About Kind Streak: our trackers are self-help tools for noticing patterns and celebrating progress. They are not medical advice, diagnosis, or treatment, are not a substitute for a doctor, counselor or support group, and we make no claims about outcomes. Resources verified Nov 2026; numbers can change, so check the official sites.

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