

Sexy Time Habit Tracker

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	29	30	31
(Day of the week)																														
Sex Play w/ Partner																														
Sex Play w/ Self																														
Hands on / in Genitals																														
Mouth on Genitals																														
Toys on / in Genitals																														
Hands on / in Anus																														
Mouth on Anus																														
PIV Intercourse																														
Vibrator																														
Dildo																														
NJoy Curve																														
Butt Plug / Dildo																														
Kissing																														
Body Touch / Exploration																														
Orgasm / Release																														
Clitoral																														
G Spot																														
Ejaculation																														
Pornography																														
Erotica																														
Role Play																														
BDSM																														
Bondage																														
Impact																														
Sexy Environment																														
Music																														
Candles																														

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(Day of the week)																														
Lights: High, Low, No																														
Time of Day: AM, MD, PM																														
Bedroom																														
Other room																														
Public Space																														
In Person																														
On Phone / Video																														
How Did I Move My Body?																														
Dance / Yoga / Workout																														
On Back / Face Up																														
On Tummy / Face Down																														
Standing																														
Sitting																														
Kneeling / All Fours																														
How Did I Use My Voice?																														
Ask for what I want																														
Make Specific Corrections																														
Say YES! or Affirm																														
Moan, Shout, Grunt, etc																														
Did I Notice My Breath?																														
Intentionally Alter Breath																														
Use Breath to Regulate																														
Big Draw																														
Fantasy Driven																														
Sensation Driven																														
Partner Interaction Driven																														

Sexy Time Habit Tracker

KEY

(Color fill)	YES! I did this.
D	Doer. I did this to my partner
R	Receiver. I received this from my partner
B	Both. We both did it.
S	Self
P	Partner
B	Both. We both did it.