HABIT TRACKER

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

Habit	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	28	29	30	31

HABIT TRACKER

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

Habit	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	28	29	30	31
Drink 8 glasses of water	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■														
Unplug at 9 PM	■	■	■	■	■			■	■	■	■	■		■		■	■														
Stretch for 10 minutes	■				■	■	■			■		■	■	■	■	■	■														
Read 10 pages in my book	■			■			■			■	■			■	■	■	■														
Work out	■	■	■				■			■	■	■	■	■	■	■	■														
Text a friend to say “hello”	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•														
Tidy and clean one cupboard	•				•				•				•				•														
Eat 5 servings of vegetables	•	•	•		•	•	•	•			•	•	•	•	•	•	•														
Journal for 5 minutes	•		•	•			•	•	•	•		•		•	•		•														
Do 1 pull-up	•		•				•				•				•																
Check up on financial budget	X								X								X														
Create a to-do list	X		X	X	X	X			X	X	X	X	X	X		X	X														
Walk outside for 10 minutes	X			X		X	X		X	X	X		X		X	X	X														
Play instrument for 5 minutes	X			X				X		X	X	X			X		X														
Make dinner at home	X	X	X	X		X	X		X	X	X	X	X		X	X	X														