

HABIT TRACKER

Month of _____

DAILY	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
Walk 7K steps																															
8 min of meditation																															
10+ min of reading or doing a puzzle																															
10 min full body resistance training																															
Drink 5 glasses of water																															

WEEKLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pick a hobby & go with it!							
Social gathering/interaction 3 days/wk							
Workout with a Friend - 3 days /wk							
Eat your veggies & protein, daily							
Journal: ANYTHING! - Daily							

	WEEK 1							WEEK 2							WEEK 3							WEEK 4									
MONTHLY	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
Workout/Movement																															
Lunch/Dinner Date w/family or friend																															
Medications(s) check																															
Volunteer somewhere!																															
Create "To Do" List																															

THIS MONTH'S GOAL