

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
Meditate/Read 30 min																															
Hydrate - 64 oz+																															
Exercise - 30 min +																															
Journal (thought, word, story)																															
Eat 16 oz of protein & 4 cups of veggies																															

WEEKLY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shorten TV time by 1 hour							
Check-in with a friend, once/wk							
Engage in a hobby, 3 days/wk							
Get outside & move for 30 min							
"Me Day", once/wk							

	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
Brunch with family, 4 times																															
Read a book - 1 per month																															
"Day Trip" to BREATHE																															
Go for a hike w/ a friend																															
Meal Prep, weekly																															

THIS MONTH'S GOAL