

forever


North:

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 28 29 30 31

Set SMART  
Track the

Holistic self-care kits invite time for you, improving wellness and productivity



Set SMART goals

Track them daily

Specific  
Measurable  
Achievable  
Realistic  
Timely

Time For You.

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