Navigating the New Year: A Guide to Becoming Your Best Self in 2024

daily habit tracker

TODAY'S MOOD		DAY/DATE
WATER INTAKE	MEAL TRACKER	
7777	BREAKFAST	
7777	LUNCH	
the secret of your future	SNACK	
the secret of your future is hidden in your daily routine	DINNER	
- mike murdock		

HABITS

WAS TODAY EASIER OR HARDER THAN YESTERDAY? ARE THERE ANY CHANGES IN YOURSELF?

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weekly habit tracker

HABIT	S	Μ	Т	W	Т	F	S

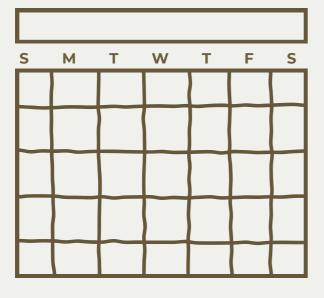
NOTES

sundaysfit

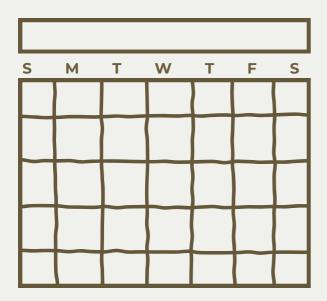
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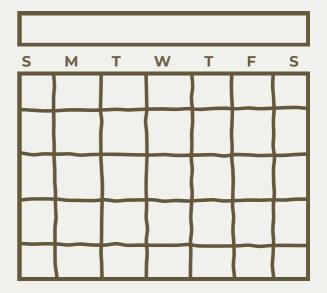
monthly habit tracker

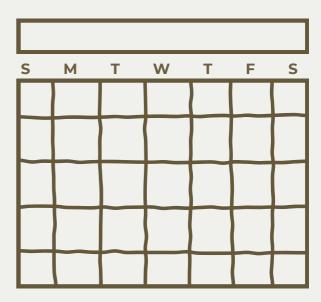
MONTH:

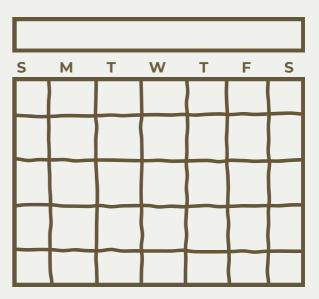


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sundaysfit