

[illegible]

Using your Quarterly Habit Tracker

Most of us are looking for ways to establish better habits, regardless of the time of year. Most habit experts will tell you that it's best not to try to adopt too many new habits at once. So, Peg's habit tracker will help you keep track of up to 6 habits, but you can track only 1, 2 or 3 or 4 habits – whatever suits you. They can be things you aspire to do every day, or things you want to do 2 or 3 days a week. Consistency is what we're aimin' for here.

Print off one sheet for each quarter and fill in each day's completed habits with a fun color or figure or whatever motivates you to stay on track. See the sample below for some ideas. Be creative, and don't sweat it if it's not perfect. Despite what your adoring fans tell you, you're only human. Think of this practice like a supportive, friendly coach who only wants to help you have the life you want.



2022 Quarterly Habit Tracker



Month	January	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
	Yoga																												
	Create 1 design																												
	Send an email																												
	Organize 1 space																												
	Duolingo																												
	IL tutorial																												

Month	February	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

Month	March	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



"We don't rise to the level of our goals – we fall to the level of our systems".

Write something here that motivates you and reminds you of why these habits are important to you.