

Habit Tracker



30-DAY CHALLENGE - HABIT #1: walking

30 minutes 5x per week

COMPLETED HOW
MANY DAYS:



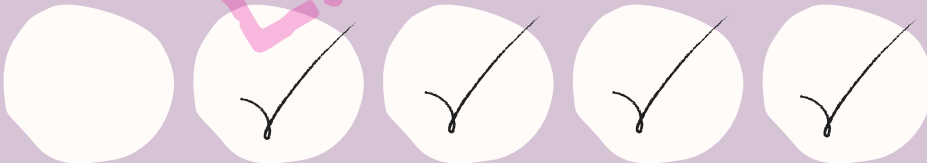
5/5



2/5



1/5



4/5



1/5



5/5

What success might look like...
CONSISTANCY AND PERSISTANCY

Loosing the "all or nothing mindset"

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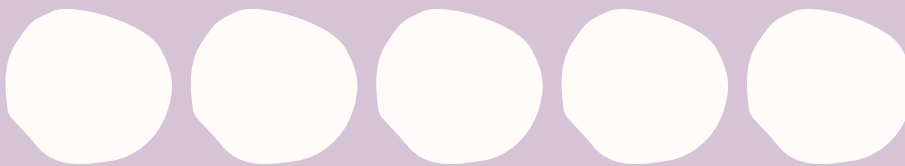


30-DAY CHALLENGE - HABIT #1: _____



COMPLETED HOW
MANY DAYS:













"Motivation is what gets you started,
Habit is what keeps you going" - *Jim Rohn*

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30-DAY CHALLENGE - HABIT #2: _____



COMPLETED HOW
MANY DAYS:











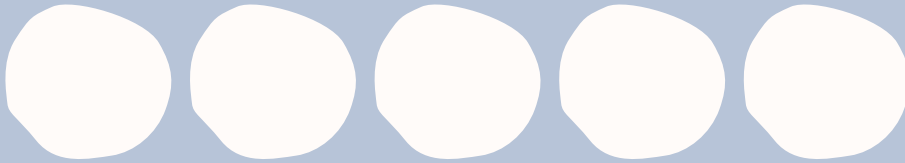


"Healthy habits are learned in the same way as unhealthy ones - through practice" - *Wayne Dyer*

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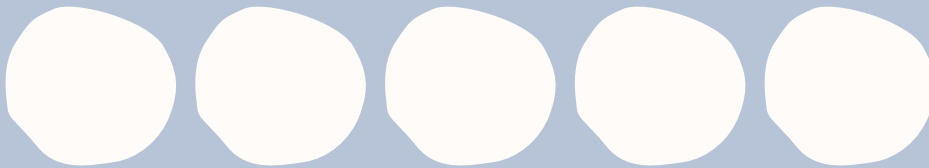
30-DAY CHALLENGE - HABIT #3: _____

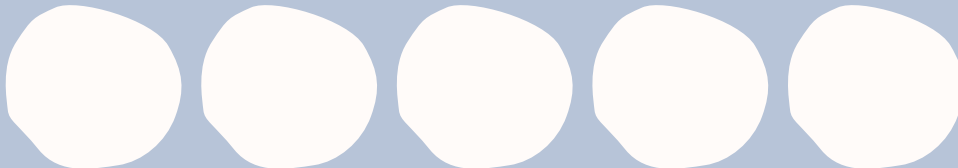


COMPLETED HOW
MANY DAYS:













"Your habits will determine your future"

-Jack Canfield