

HABIT TRACKER

month | JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

DAY OF WEEK																																	
HABIT	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			

A GUIDE TO THE HABIT TRACKER

This printable was designed to help you develop habits that you want to implement throughout your days. It is my hope that the Habit Tracker will serve as a gentle motivator to help you build momentum and continue your habits from day to day.

HABIT TRACKER IDEAS

Wake by 6am

Drink 8 Glasses of Water

Meditate

Daily Devotional

Journal

Make Bed

Floss

Read

No Snacking After Dinner

Afternoon Walk

Stretch

Daily Movement

No Caffeine after 2pm

Pause for Gratitude

Unplug by 8pm

Go To Bed by 10pm