



SILK AND SONDER

Habit Tracker Printable



WWW.SILKANDSONDER.COM

@SILKANDSONDER

Habit Tracker

The habit tracker empowers you to build long-lasting positive habits. Select 7 habits you would like to integrate or maintain into your daily routine. Mark off the box for each habit for every day you complete them. At the end of the month, assess which practices were challenging and which were a breeze!

HABITS THIS MONTH

A semi-circular habit tracker grid. The outer edge is numbered from 1 to 31, representing the days of the month. The grid is divided into 7 columns, corresponding to the 7 habits listed in the 'HABITS THIS MONTH' section. Each cell in the grid is a small square for marking completion.

Habit Tracker

The habit tracker empowers you to build long-lasting positive habits. Select 7 habits you would like to integrate or maintain into your daily routine. Mark off the box for each habit for every day you complete them. At the end of the month, assess which practices were challenging and which were a breeze!

HABITS THIS MONTH

- Journal for 10 minutes
- Fill in Gratitude Log
- Enjoy my lunch
- Stretch for 10 minutes
- Log off work at 6pm
- Unplug 30 minutes before bed
- 11:00pm bedtime

