

My HABIT TRACKER



WEEK OF _____ GOALS _____

DAILY TASKS	MON	TUE	WED	THU	FRI	SAT	SUN
Meditate							
Journal							
Drink 2L Water							
Read							
Exercise							
Wake up before 7am							

What did I learn? _____

What worked well? _____

What will I improve next month? _____