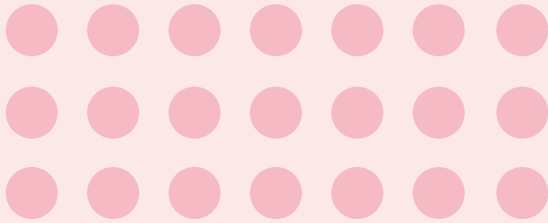


Daily Habit Tracker

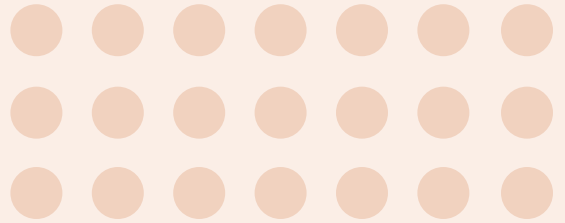
Exercise Daily

M T W T F S S



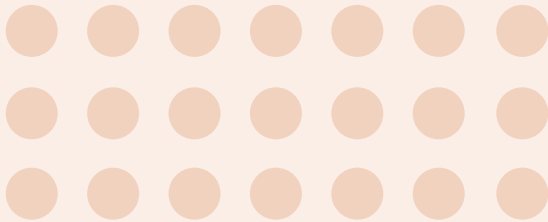
Drink Water

M T W T F S S



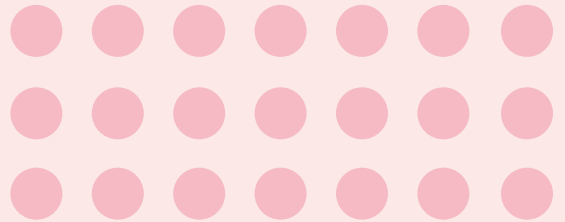
Go For A Walk

M T W T F S S



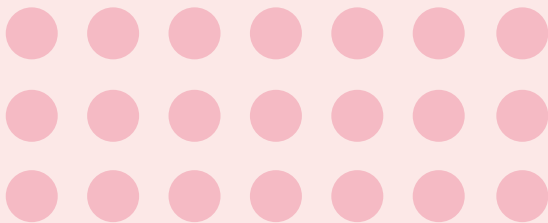
Read A Book

M T W T F S S



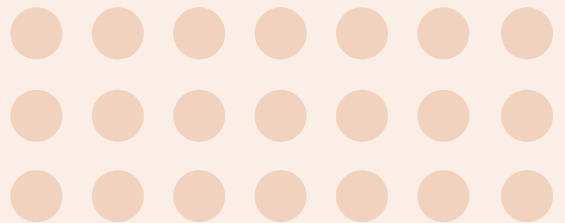
8 Hours Of Sleep

M T W T F S S



Stretch

M T W T F S S



Habit Tracker

MONTH/YEAR _____

Habit

Motivation

✓ 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 31

Habit

Motivation

✓ 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 31

Habit

Motivation

✓ 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 31

Habit

Motivation

✓ 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 31

Habit

Motivation

✓ 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 31

7 Day Challenge

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

30 Day Challenge

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

Core Challenge

50 Mountain Climbers

50 Ab Bikes

50 Second Plank

50 Star Jumps

50 Push Ups

50 V Sits

50 Toe Taps