

Habit TRACKER

"The difference between *who you are* and *who you want to be*, is *what you do!*"

~Bill Phillips~

Day: (S, M, T, W, T, F, S)	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
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	31
Walk Dog	✓	✓	✓	✓																											
Floss - 2x	✓	✓																													
Meditate	✓																														
Exercise	✓				✓																										
8 Glasses/Water	✓	✓	✓	✓																											
Journal	✓																														
Stretch		✓																													
3-5 Veggies			✓	✓	✓																										
Positive Affirmations	✓					✓																									
Me Time!			✓																												