

[illegible]

HABIT TRACKER

A handwriting practice sheet with four rows of dashed lines and boxes for letter tracing. Each row consists of a dashed line followed by seven boxes. The first row contains the letters 'a', 'b', 'c', 'd', 'e', 'f', and 'g'. The second row contains 'h', 'i', 'j', 'k', 'l', 'm', and 'n'. The third row contains 'o', 'p', 'q', 'r', 's', 't', and 'u'. The fourth row contains 'v', 'w', 'x', 'y', 'z', and two empty boxes.

A yellow desk lamp is positioned on the left side of the page. The lamp has a bright yellow, dome-shaped shade and a white cord. The background is white with horizontal lines, resembling a notebook page. The lamp is angled slightly towards the right.