

HABIT TRACKER

Consistency gets results! Track your healthy habits below



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Exercise																								
Plan your meals																								
Journal																								
hydration																								
fruits + veggies																								
Get 8 hours of sleep																								
Commit to 3 meals/day																								
healthy meal prep																								
Limit Screen Time																								
Track your food																								
Read																								
Meditate																								
Other:																								
Other:																								