

HABIT TRACKER

START DATE

END DATE

MY HABIT

MY TOP GOAL

ACTION PLAN

HABIT TRACKER

LET'S START! 1 — ○	2 — ○	3 — ○	4 — ○	5 — ○	6 — ○
7 — ○	8 — ○	9 — ○	10 — ○	11 — ○	12 — ○
13 — ○	14 — ○	HALF WAY 15 — ○	16 — ○	17 — ○	18 — ○
19 — ○	20 — ○	21 — ○	22 — ○	23 — ○	24 — ○
25 — ○	26 — ○	27 — ○	28 — ○	29 — ○	YOU DID IT! 30 — ○

PERSONAL REFLECTIONS

NOTES

HABIT TRACKER

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7 — ☐	8 — ☐	9 — ☐	10 — ☐	11 — ☐	12 — ☐
13 — ☐	14 — ☐	HALF WAY 15 — ☐	16 — ☐	17 — ☐	18 — ☐
19 — ☐	20 — ☐	21 — ☐	22 — ☐	23 — ☐	24 — ☐
25 — ☐	26 — ☐	27 — ☐	28 — ☐	29 — ☐	YOU DID IT! 30 — ☐

PERSONAL REFLECTIONS

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13 — ☐	14 — ☐	HALF WAY 15 — ☒	16 — ☐	17 — ☐	18 — ☐
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25 — ☐	26 — ☐	27 — ☐	28 — ☐	29 — ☐	YOU DID IT! 30 — ☒

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25 — ○	26 — ○	27 — ○	28 — ○	29 — ○	YOU DID IT! 30 — ○

PERSONAL REFLECTIONS

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HABIT																																
GOAL				/31	DONE				/31	REWARD																						
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		

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GOAL				/31	DONE				/31	REWARD																						
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HABIT																																
GOAL				/31	DONE				/31	REWARD																						
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GOAL				/31	DONE				/31	REWARD																						
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GOAL				/31	DONE				/31	REWARD																							
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GOAL				/31	DONE				/31	REWARD																						
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GOAL				/31				DONE				/31				REWARD																			
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GOAL				/31	DONE				/31	REWARD																						
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LET'S START!

1

2

3

4

5

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7

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14

HALF WAY

15

16

17

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YOU DID IT!

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PERSONAL REFLECTIONS

NOTES