

7-DAY HABIT TRACKER

You've Got This!

NEW HABIT:

Why is this habit important?

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How will I feel each day after accomplishing my new habit?

.....

What obstacles do I anticipate?

.....

Track successful days here:



Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

How did it go?

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Were there any unexpected obstacles?

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Were there any unexpected rewards?

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Additional Notes

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