## DAILY

## HABIT TRACKER

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Form new habits, one day at a time. Have fun!

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Week 1 ~

MONTH.								Week I V
Habit	s	М	Т	w	тн	F	S	Notes
Don't hit snooze	0	0	0	0	0	0	0	
Drink 2.4L of water	0	0	0	0	0		0	
Meditate	0		0	0	0			
Eat 3 healthy meals	0	0	0	0	0	0		
Exercise	0	0	0	0	0	0	0	
Clean living/workspace	0	0	0	0	0			
Take vitamins/supplements	0	0	0	0	0	0	0	
Read 20+ minutes	0	0	0	0	0	0	0	
Go to bed on time	0	0	0	0	0	0	0	
	0	0	0	0	0	0		
	0	0	0	0	0	0	0	
	0			0	0		0	

## **Notes**