

DAILY SELF IMPROVEMENT HABIT TRACKER

Month: _____ Goal: _____

HABIT DESCRIPTION	M	T	W	T	F	S	S
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Morning Meditation (10m)							
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Reading (20 Pages)							
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Physical Exercise							
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Hydration (2L+)							
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Deep Work Session							
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Journaling/Reflection							
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No Screen Time (1hr before bed)							
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Weekly Reflection & Wins							
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