

# HEALTHY HABIT TRACKER

WEEK OF: \_\_\_\_\_ GOAL: \_\_\_\_\_

**HABIT ROUTINE**

**M**

**T**

**W**

**T**

**F**

**S**

**S**

8oz Water (Morning)

15 Min Meditation

Daily Walk/Exercise

No Screen 1hr Before Bed

Reading

WEEKLY REFLECTIONS