

# DAILY MOMENTUM

Positive Habit Tracking

Week Of: \_\_\_\_\_

HABIT / CHORE

MON

TUE

WED

THU

FRI

SAT

SUN

Morning Meditation / Breathing

Tidy Primary Living Space

30 Minutes Focused Movement

Hydration Goal (8+ Glasses)

Digital Sunset (No screens @  
9pm)

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## WEEKLY REFLECTION & NOTES

What went well this week?

TARGET INCENTIVE

If 80% complete, I will treat myself to:

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