

# HEALTHY LIVING HABIT TRACKER

Month: \_\_\_\_\_ Goal: \_\_\_\_\_

Habit / Daily Goal	Week 1	Week 2	Week 3	Week 4	+/-
8 Glasses of Water					
30 Min Activity					
No Processed Sugar					
7+ Hours Sleep					
Daily Meditation					
Leafy Greens					

**Reflections & Wins**  
**Areas for Improvement**