



MY HABIT TRACER



Small habits today, big success tomorrow! ♥

My Name: _____

My Goal for this Month: _____

Month: _____

HABIT	M	T	W	T	F	S	S	MY SCORE
 I woke up on time	☐	☐	☐	☐	☐	☐	☐	_/7
 I brushed my teeth	☐	☐	☐	☐	☐	☐	☐	_/7
 I read for 20 minutes	☐	☐	☐	☐	☐	☐	☐	_/7
 I drank water	☐	☐	☐	☐	☐	☐	☐	_/7
 I ate healthy food	☐	☐	☐	☐	☐	☐	☐	_/7
 I exercised or played	☐	☐	☐	☐	☐	☐	☐	_/7
 I completed my homework	☐	☐	☐	☐	☐	☐	☐	_/7
 I went to bed on time	☐	☐	☐	☐	☐	☐	☐	_/7

★ MY REWARD ★

When I reach my goal, I will:



★ NOTES & DRAWINGS ★



Be proud of yourself! Every day is a step forward!



