



HABIT TRACKER

DISCIPLINE TODAY, FREEDOM TOMORROW.

“
Small
consistent
actions create
extraordinary
results.
”

MONTH: _____

FOCUS THIS MONTH: _____

MY WHY: _____

HABITS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
WORKOUT																															
DRINK WATER																															
READ																															
PLAN MY DAY																															
MEDITATE																															
EAT HEALTHY																															
NO SCREEN TIME BEFORE BED																															
SAVE MONEY																															
GRATITUDE																															
SLEEP 7+ HOURS																															
CONNECT WITH LOVED ONES																															

NOTES



WEEKLY REFLECTION

WEEK 1	How did I do?	☆	☆	☆	☆	☆
WEEK 2	How did I do?	☆	☆	☆	☆	☆
WEEK 3	How did I do?	☆	☆	☆	☆	☆
WEEK 4	How did I do?	☆	☆	☆	☆	☆
WEEK 5	How did I do?	☆	☆	☆	☆	☆

What went well? _____

What can I improve next week? _____

REMEMBER



Progress is progress,
no matter how small.
Keep showing up
for yourself.



CONSISTENT ACTIONS. BETTER YOU. ♥