



HABIT TRACKER

Small habits. Big changes.

“
Discipline today
leads to freedom
tomorrow.”



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
Exercise Move my body																															
Read Learn something new																															
Drink Water Stay hydrated																															
Plan My Day Prioritize & stay focused																															
Mindfulness Meditate / Journal																															
Eat Healthy Nourish my body																															
Sleep 7+ Hours Rest & recharge																															
No Screen Time Protect my time																															

NOTES



MONTHLY REFLECTION

What went well? _____
 What could be improved? _____
 What will I focus on next month? _____

PROGRESS

Progress is progress,
no matter how small.



You don't have to be perfect. You just have to be *consistent*.