



HABITS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
 Drink Water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Read for 20 Minutes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Exercise or Play Outside	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Use Sunscreen	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Eat Fruits & Veggies	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Go to Bed on Time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
 Drink Water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Read for 20 Minutes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Exercise or Play Outside	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Use Sunscreen	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Eat Fruits & Veggies	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
 Go to Bed on Time	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

NOTES

I AM PROUD OF...

REWARDS

YOU GOT THIS!

♥ SMALL HABITS TODAY, BIG CHANGES TOMORROW! ♥