

WellnessGoals

HABIT TRACKER

MONTH			
JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEPT	OCT	NOV	DEC

DAY	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

“WE FIRST MAKE OUR HABITS, AND THEN OUR HABITS MAKE US.” (JOHN DRYDEN)

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DAY	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
Drink 8 glasses of water																															
Sleep 8 hours at night																															
Exercise																															
Write in a journal																															
Meditate (10 minutes)																															

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