

# Habit Tracker

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 30 Minutes

Drink More Water

Use a Calorie  
Tracker/Eat More  
Healthfully

Meet My Writing  
Goal:

Read Something Just  
For Fun

"Me" Time

In Bed By: