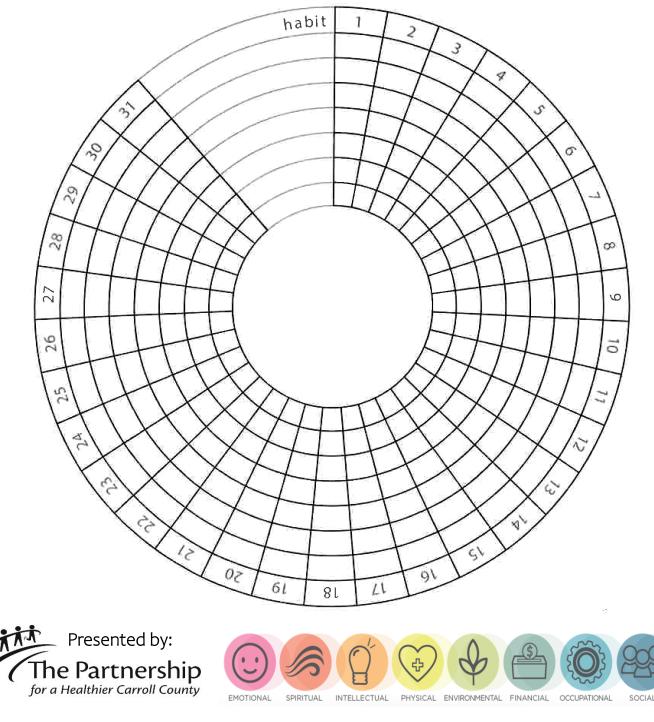
HabitTracker

A habit tracker is a simple way to measure a habit you've completed. Habit trackers like the ones in this program, help you develop good habits and accomplish your goals by creating accountability. This tracker is a good way to physically see that you are completing your habit every day.

Fill in the line with a habit you'd like to start tracking, for example drinking more water. Each day that you drink the amount of water you want, you will color/fill your box for that day. The idea is to fill the habit tracker for the full month. Studies show it takes an average of 66 days to create a habit.



50 HABIT TRACKER

SELF CARE AND BEAUTY

- □ Manicure or Pedicure
- **Style Hair**
- □ Wash and Moisturize Face
- Mental Health Check
- Self Care
- 🗆 Make Up
- □ Hobbies
- □ No Phone Time
- Daily Journaling
- Compliment Myself
- Laugh Today
- □ Watch 1 Episode of Favorite Show
- □ Read
- □ Learn Something New

FAMILY AND RELATIONSHIPS

- 🗆 Read To Child
- Quality Time with Family
- Educational Play with Kids
- Compliment my Husband
- □ Call a Family Member
- Call a Friend

HOME AND FAMILY CARE

- 🗆 Eat Breakfast
- Cooked Dinner
- Packed Lunch
- Cleaned House
- □ One Load of Laundry
- □ Walk Dogs
- □ Play With Cats
- Declutter

MONEY AND PRODUCTIVITY

- □ No Spending
- 🗆 Pay Bills
- Create Daily To Do's the Night Before
- Finished To Do List

HEALTHY

- □ No Cigarettes
- Drank Water
- □ Exercised
- D No Soda
- □ No Alcohol
- □ Veggie Servings
- □ Fruit Servings

TRY SOMETHING NEW

- □ Try a New Craft or Hobby
- □ Smile at a Stranger
- □ Talk to a Stranger
- Exercise Brain with puzzles
- Exercise Brain with memory games

BUSINESS

- □ Wrote for Blog
- □ Marketed Business
- □ Social Media Posts
- Created new Products
- Updated Products
- Pinterest Pinning
- Daily Brain Dump



