Habit Tracker

Habit Name:	Days:	1	2	3	4	5	6	7	8	9	10	11	12	13	14
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USE THIS TRACKER TO MONITOR THE HABITS YOU ARE CURRENTLY WORKING ON. PUT AN "X" THROUGH EACH DAY AND BOX THAT YOU FOLLOW THROUGH WITH YOUR HABIT. LEAVE IT BLANK IF YOU MISS A DAY. THIS WILL GIVE YOU A GREAT VISUAL TOOL TO CEMENT YOUR NEW HABITS INTO YOUR DAY TO DAY ROUTINE!

