

MONTHLY HABIT TRACKER

Small steps, every single day

Month: _____

My focus: _____

[illegible]

This month I am proud of: _____

WEEKLY HABIT TRACKER

Check it off and keep the streak going

Week of: _____

HABIT	MON	TUE	WED	THU	FRI	SAT	SUN

WATER TRACKER (color a drop for every glass)

MON								
TUE								
WED								
THU								
FRI								
SAT								
SUN								