



_____ name

HABIT TRACKER

_____ month

date																				
MR																				
FD																				
EX																				
WB																				
ER																				

* MR = Morning routine, FD = Food, EX = exercise, WB = Well-being, ER = Evening routine

Instructions

Add the month above the grid and dates in the top row. Put the tracker on the visible place (e.g. fridge) and tick "√" as you complete each activity.

If you happen to miss one thing (nobody's perfect), simply remind yourself to never miss twice! "Missing once is an accident. Missing twice is the start of a new habit."

Commit to at least 2-3 minutes for each activity to encourage yourself to persist.

