



HABIT TRACKER

NAME:

- I drank 6 glasses of water today
- I contacted 3 potential clients
- Read 2 chapters of my current book
- Scheduled my social media for today
- Fixed healthy snacks for my kids

REWARD MYSELF WITH:

| | | | | |
|----|--|--|--|--|
| S | | | | |
| M | | | | |
| T | | | | |
| W | | | | |
| TH | | | | |
| F | | | | |
| S | | | | |