

Habit Tracker For Month _____

Day/Date (M 7)										
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										
22										
23										
23										
25										
26										
27										
28										
29										
30										
31										

Habit Tracker For Month

February 2019

Day/Date (M 7)	Am Walk	Water 64 oz	Bed by 11pm	3 serv veggie	Read	TV off by 10	Medi- tate	Yoga	No Sugar	
F / 1	X	X			X					
S / 2	X		X	X	X	X	X	X	X	
S / 3	X	X	X		X	X			X	
M / 4										
T / 5										
W / 6										
TH / 7										
F / 8										
S / 9										
S / 10										
M / 11										
T / 12										
W / 13										
TH / 14										
F / 15										
S / 16										
S / 17										
M / 18										
T / 19										
W / 20										
TH / 21										
F / 22										
S / 23										
S / 23										
M / 25										
T / 26										
W / 27										
TH / 28										
29										
30										
31										