

Healthy Habit Tracker

I Need to Work on My

- Personal Products Eating Habits Work Ethic
 Time Management Exercising Hydrating

5 Things I can Do to Improve

Keep this Short, Sweet, and Easily Applicable

1

2

3

4

5

My Bad Habits Now

Right Now I...

Date:

Okay It has been 1 Month

and Now I...

Date: