

# HABIT TRACKER



A habit tracker is a tool you can use to track your habits or tasks. It might help you see the last time you completed the task (i.e. - wash the sheets) or show you your progress of something you are trying to do on a regular basis (i.e. - journaling).

The habit tracker can be customized and printed off as many times as you need.

Best of luck reaching your goals!

## Customize your Habit Tracker

- 1 Customize the editable Habit Tracker with goals or habits you'd like to complete on a daily, weekly, or monthly basis. *The PDF may need to be downloaded before it can be edited.*

Some examples include:

- drinking X cups of water / day
- practicing a new language
- reading with your kids
- exercising
- journaling
- practicing gratitude
- taking your vitamins
- reading your Bible
- washing the floors
- washing the sheets

- 2 Print off the chart and keep it in a spot you'll see every day.
- 3 Colour in the circles for each date you complete the task. This helps track when you last did the task and helps you see your progress with the habit you are trying to achieve.



