


Habit Tracker



A 30-Day Guided Journal



Tracker

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Define up to five habits you want to build or maintain
 - Check off each habit as you complete it daily
 - Log your water intake and exercise activity
 - Review your weekly grid to spot patterns and streaks



Scan for a detailed guide on how to use this journal

Habit Tracker

Date: _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Habit 1	<input type="checkbox"/>						
Habit 2	<input type="checkbox"/>						
Habit 3	<input type="checkbox"/>						
Habit 4	<input type="checkbox"/>						
Habit 5	<input type="checkbox"/>						
Glasses of water	_____	_____	_____	_____	_____	_____	_____
Exercise	<input type="checkbox"/>						
Hours slept	_____	_____	_____	_____	_____	_____	_____
Morning routine	<input type="checkbox"/>						
Evening routine	<input type="checkbox"/>						

Notes

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Exercise	<input type="checkbox"/>						
Hours slept	_____	_____	_____	_____	_____	_____	_____
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