Habit tracker

Week of _____

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____
_____	☐	☐	☐	☐	☐	☐	☐	_____

Notes

☑ Done ☑ Did my minimum ☐ Missed

Get reminders for these habits on your phone

Free Habi app for iPhone: www.habi.app