Habit tracker

Week of _____

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

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☑ Done ☑ Did my minimum ☐ Missed

Get reminders for these habits on your phone

Free Habi app for iPhone: www.habi.app

Habit tracker

Week of _____

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

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