



daily habit tracker ♡

SMALL HABITS. BIG CHANGE. ♡



MONTH: _____

HABIT ♡	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Drink Water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Move My Body	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Get Enough Sleep	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Read Something	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Practice Gratitude	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Take My Vitamins/ Medication	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

	16	17	18	19	20	21	22	23	24	25	26	27	29	20	31
Drink Water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Move My Body	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Get Enough Sleep	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

TODAY I'M PROUD OF: ♡



NOTES

REMEMBER

Progress, not
perfection.



you are showing up for you, and that matters. ♡