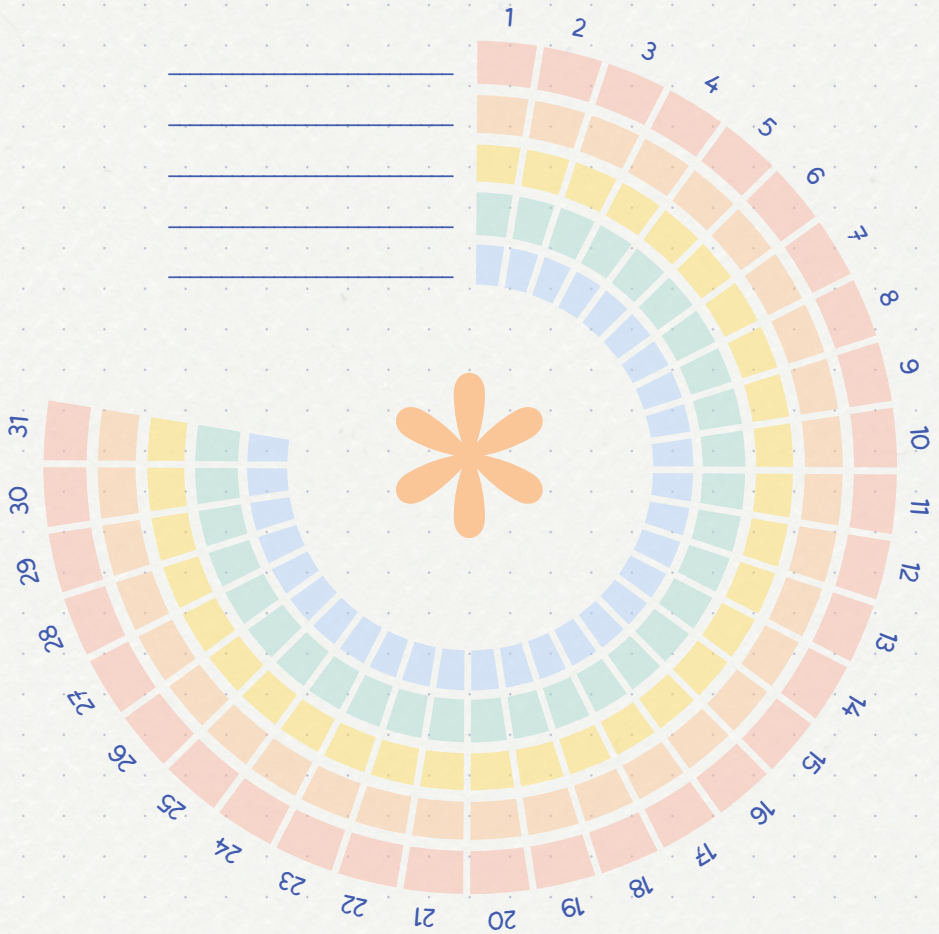


# Habit Tracker Journal

# HABIT TRACKER

"Our habits shape who we are."



[www.sunnytravels.in](http://www.sunnytravels.in)



# HABIT TRACKER

"Our habits shape who we are."



Light green rectangular header box for the first habit.

Grid of 30 empty circles for tracking the first habit.

Light green rectangular header box for the second habit.

Grid of 30 empty circles for tracking the second habit.

Light green rectangular header box for the third habit.

Grid of 30 empty circles for tracking the third habit.

Light yellow rectangular header box for the fourth habit.

Grid of 30 empty circles for tracking the fourth habit.

Light yellow rectangular header box for the fifth habit.

Grid of 30 empty circles for tracking the fifth habit.

Light yellow rectangular header box for the sixth habit.



Grid of 30 empty circles for tracking the sixth habit.

Light orange rectangular header box for the seventh habit.

Grid of 30 empty circles for tracking the seventh habit.

Light orange rectangular header box for the eighth habit.



Grid of 30 empty circles for tracking the eighth habit.

Light orange rectangular header box for the ninth habit.

Grid of 30 empty circles for tracking the ninth habit.

# WEIGHT LOSS JOURNEY

START

Weight: \_\_\_\_\_

Body fat percentage: \_\_\_\_\_

GOAL

Weight: \_\_\_\_\_

Body fat percentage: \_\_\_\_\_

Start

Goal

"Do things at your own pace. Life's not a race."

# GRATITUDE

1

11

21

2

12

22

3

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4

14

24

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15

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7

17

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30

Start your day with *Gratitude*

# YEAR IN PIXELS

## HIGHLIGHTS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

## KEY

- Awesome day!!
- Happy day
- Normal and average day
- Bad and stressful day
- Awful day :(

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# WISHLIST

WANT

NEED



15 horizontal light green bars for writing, stacked vertically in the 'WANT' column.

15 horizontal light orange bars for writing, stacked vertically in the 'NEED' column.









