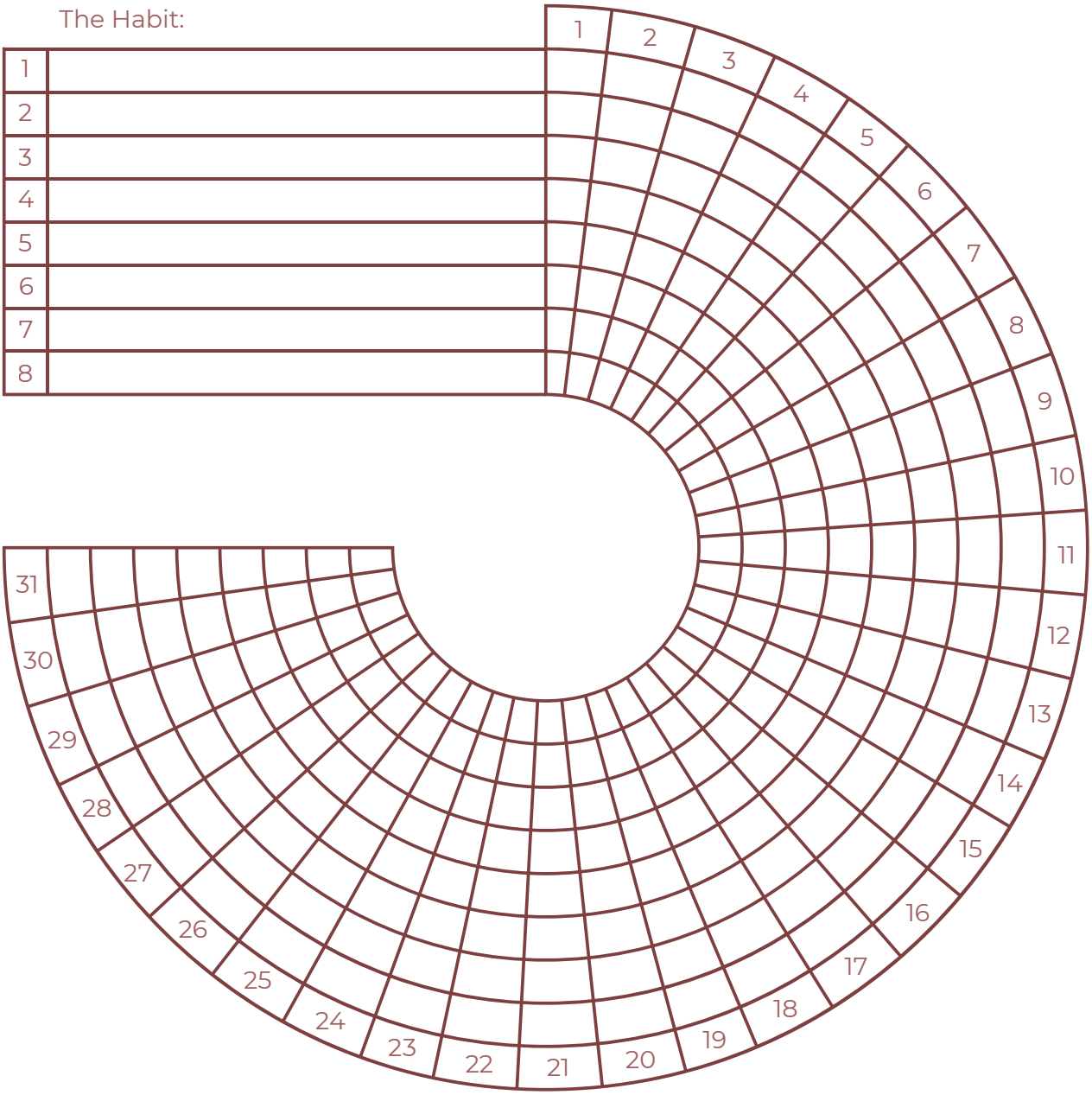
CHAPTER
ONE COUNSELLING
PSYCHOTHERAPY & HYPNOTHERAPY

# Healthy Habit Tracker

Month:

Welcome to a habit tracker designed for the vibrant ADHD mind. Each day you stick to your habit, add a splash of colour to your tracker. Watch as your dedication paints a visual story of progress. Whether it's a new routine or an ongoing goal, this tracker turns your journey into a vivid display of commitment.

**Let's make habit-forming a colorful and rewarding experience!**

| The Habit: | |
|---|---|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |