

@bodyofempowermentacademy Healthy Habit Tracker



Start tracking your new habits and add a sticker each time you complete the new habit. **Rule #1**

Make it FUN!! **Rule #2** Make it easy and sustainable **Rule #3** Tell someone to help hold you accountable! **Rule #4** General consistency is more important than perfection... Keep going each day is a new day!

New Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday