

Name: _____ Date started: _____

2 week-day stability tracker to help you turn these ideas into daily habits.

Habit	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10	D11	D12	D13	D14
Read a Proverbs & Psalms														
Prayer														
No Alcohol, Nicotine														
No Social Media														
Daily Walking														
Good Sleep														
Healthy Eating														

2 Week Reflection

What went well this?

What was difficult?

One thing I want to improve next the 2 weeks:
