

# HABIT TRACKER



TRACKING SEPTEMBER \_\_\_ TO \_\_\_, 2023

HABIT	SUN	MON	TUE	WED	THU	FRI	SAT
5 sets of 10 pushups							
GOAL : HEALTHIER AND FITTER	FOR:			REWARD :			

HABIT	SUN	MON	TUE	WED	THU	FRI	SAT
GOAL :	FOR:			REWARD :			

HABIT	SUN	MON	TUE	WED	THU	FRI	SAT
GOAL :	FOR:			REWARD :			

HABIT	SUN	MON	TUE	WED	THU	FRI	SAT
GOAL :	FOR:			REWARD :			