

# HABIT TRACKER

MONTH \_\_\_\_\_

SU	M	TU	W	TH	F	SA

## GOALS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## REWARDS

1. \_\_\_\_\_
2. \_\_\_\_\_
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## YOUR HABITS

LIST HABITS										
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WHAT WILL KEEP YOU MOTIVATED?

WHAT OBSTACLES COULD YOU FACE?

HOW WILL YOU OVERCOME THEM?