

DAILY HABIT TRACKER

“WE ARE WHAT WE REPEATEDLY DO.
EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT.”



HABIT: _____

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>

NOTES:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>

NOTES:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>

NOTES:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>	HABIT <input type="checkbox"/> WORKOUT <input type="checkbox"/>

NOTES:

