

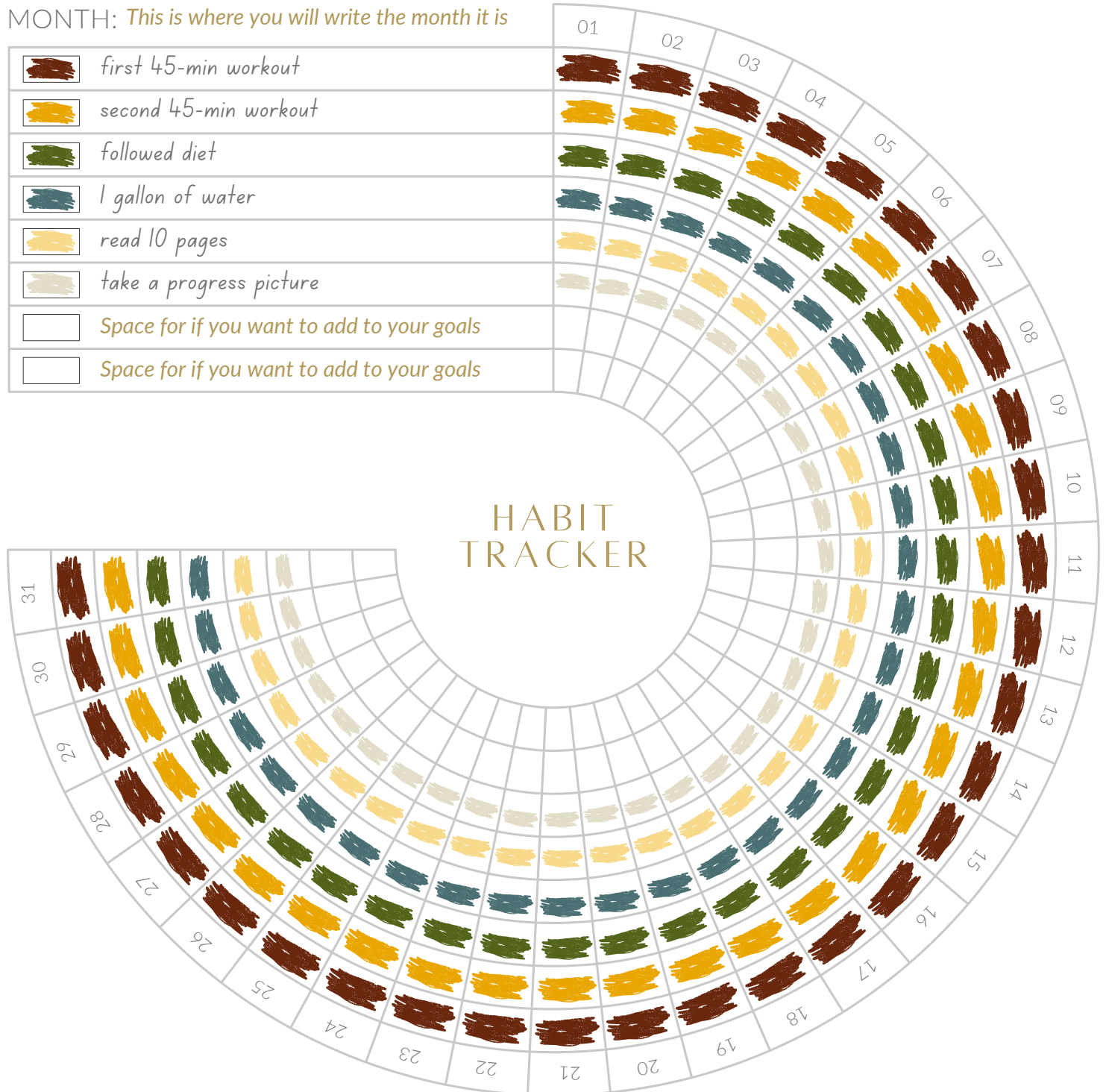
HABIT TRACKER

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becoming your best self

The idea behind this habit tracker is to help you stick to your goals consistently. Life can get busy, and it's okay if you miss a day or two. This tracker is designed to help you monitor your progress over time. Your goal is to fill in the boxes each day for your chosen duration. Use your preferred color to mark off each habit once you've completed it. Remember, consistency is key, but it's also important to keep going even if you have an off day. There is 1 blank copy. Feel free to duplicate it digitally or print it as many times as you want. Below is an example:

MONTH: *This is where you will write the month it is*



MONTH:

01

02

03

04

05

06

07

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