WEEKLY HABIT TRACKER



DATE: / /

MORNING ROUTINE	М	Т	W	Т	F	S	S
HEALTH + WELLNESS	М	Т	W	Т	F	S	S
	0	0	0	0	0	0	
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
SELF-CARE + WELLBEING	M	Т	W	Т	F	S	S
SELF-CARE + WELLBEING							
SELF-CARE + WELLBEING	0	0	0	0	0	0	0
SELF-CARE + WELLBEING	0	0	0	0		0	0
	0	0	0	0	0	0	0
	0	0	0 0 0	0	0	0	0 0 0
	0	0	0	0	0	0	0
	0	0	0 0 0	0	0	0	0 0 0
	0	0	0 0 0	0 0 0 0	0	0	0 0 0
	0	0 0 0 0	0 0 0 0	O O O T		0 0 0 0	0 0 0 0
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	0	O O O O O	0 0 0 0	O O O O O O O O O O O O O O O O O O O	O O O O O	OOOS	o o o s
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