

WEEKLY HABIT TRACKER

Write down habits that you wish to accomplish this week. If you complete the habit on a given day, indicate that in the appropriate spot (to the right of your habit, and under the correct day. Ex: under "MON" for Monday). If you do not wish to complete a habit daily, shade out those blocks on the days you do not want to complete it. For example, if you only wish to exercise Monday, Wednesday, & Friday, shade out all except those days. You do not need to fill all of the lines with different habits. See below for an example.

Week Of: April 18th, 2022

HABITS	MON	TUE	WED	THU	FRI	SAT	SUN
Make bed	✓	✓	✓	✓	✓		
Exercise for at least 15 minutes	✓		✓				
Drink 64 oz of water per day	✓	✓		✓			✓
Eat 3 cups of vegetables	✓	✓	✓	✓	✓	✓	
Write in journal for 5 minutes		✓	✓			✓	✓
Take medication	✓	✓	✓	✓	✓	✓	✓



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