

TRACK YOUR HABITS

November 2024	1	2	3	4	5	6	7	8	9	Sum	Goal	Progress		Reward
30 minutes of exercise 🏃	✓	✓	☐	✓	☐	✓	✓	☐	✓	21	20	<div></div>	105%	Trip to the cinema
Drink 2 liters of water 💧	✓	☐	✓	✓	✓	☐	✓	✓	✓	24	20	<div></div>	120%	New water bottle
Meditation 🧘	✓	✓	☐	✓	✓	✓	✓	✓	✓	26	20	<div></div>	130%	Massage session
Reading a book 📖	✓	✓	✓	☐	✓	✓	☐	✓	✓	24	20	<div></div>	120%	New book
Daily planning 📅	✓	☐	✓	✓	✓	☐	✓	✓	✓	24	20	<div></div>	120%	New T-shirt
Social media max 30 minutes 📱	✓	✓	✓	☐	✓	✓	☐	✓	☐	22	20	<div></div>	110%	Trip to the theater
Walk 🚶	✓	✓	☐	✓	☐	✓	✓	✓	✓	24	20	<div></div>	120%	Donut
Sleep hygiene 😴	☐	✓	✓	☐	✓	✓	☐	✓	✓	23	20	<div></div>	115%	Favorite perfume
Healthy eating 🥗	✓	☐	✓	✓	✓	✓	✓	☐	✓	25	20	<div></div>	125%	Relaxing bath
Study 30 minutes a day 📚	✓	✓	✓	☐	✓	✓	✓	✓	✓	26	20	<div></div>	130%	Trip to the cinema

Monitor progress and stay motivated with rewards.

Quick Start Habit Building Planner

Billy Grady

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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