

# 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

**Wolfgang Guggemos**



## **Quick Start Habit Building Planner:**

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*Journal of Proceedings and Addresses of the ... Annual Meeting* National Education Association of the United States. Meeting, 1913 *Journal of the Michigan Schoolmasters' Club* Michigan Schoolmasters' Club, 1929 A Writer's Plan Suzanne S. Webb, William Edward Tanner, 1985 *Good Housekeeping*, 1928 **American Artisan, Tinner and House Furnisher** Daniel Stern, 1924 **Railroad Brakemen's Journal**, 1924 The Canadian Countryman, 1928 *American Magazine*, 1922 **Bazaar Exchange and Mart, and Journal of the Household**, 1891

The Top Books of the Year Quick Start Habit Building Planner The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Quick Start Habit Building Planner : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Quick Start Habit Building Planner : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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