

TRACK YOUR HABITS

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

Monitor progress and stay motivated with rewards.

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S Ashworth

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