

# 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></div></div> 105%		Trip to the cinema
Drink 2 liters of water 💧	✓	☐	✓	✓	✓	☐	✓	✓	✓	24	20	<div><div></div></div> 120%		New water bottle
Meditation 🧘	✓	✓	☐	✓	✓	✓	✓	✓	✓	26	20	<div><div></div></div> 130%		Massage session
Reading a book 📖	✓	✓	✓	☐	✓	✓	☐	✓	✓	24	20	<div><div></div></div> 120%		New book
Daily planning 📅	✓	☐	✓	✓	✓	☐	✓	✓	✓	24	20	<div><div></div></div> 120%		New T-shirt
Social media max 30 minutes 📱	✓	✓	✓	☐	✓	✓	☐	✓	☐	22	20	<div><div></div></div> 110%		Trip to the theater
Walk 🚶	✓	✓	☐	✓	☐	✓	✓	✓	✓	24	20	<div><div></div></div> 120%		Donut
Sleep hygiene 😴	☐	✓	✓	☐	✓	✓	☐	✓	✓	23	20	<div><div></div></div> 115%		Favorite perfume
Healthy eating 🥗	✓	☐	✓	✓	✓	✓	✓	☐	✓	25	20	<div><div></div></div> 125%		Relaxing bath
Study 30 minutes a day 📚	✓	✓	✓	☐	✓	✓	✓	✓	✓	26	20	<div><div></div></div> 130%		Trip to the cinema

**Monitor progress and stay motivated with rewards.**

# Quick Start Habit Building Planner

**Lingjun Ying**



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

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