

# TRACK YOUR HABITS

Month	Year	1	2	3	4	5	6	7	8	9	Sum	Goal	Progress	Reward
November	2024													
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.**

# Quick Start Habit Building Planner

**Jicheng Xie**

## Quick Start Habit Building Planner:

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Association of the United States. Meeting,1913    **The PDR Family Guide to Nutrition and Health** ,1995 A complete guide to sensible health and nutrition covering weight loss heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food    *Journal of the Michigan Schoolmasters' Club* Michigan Schoolmasters' Club,1929    **Good Housekeeping** ,1928    **Railroad**

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