



[illegible]

Planned workout:



BREAKFAST:	LUNCH:
DINNER:	SNACKS:



Am I happy with that?

[illegible]

□ □ □ □ □

[illegible]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are approximately 20 lines visible. The top margin is wider than the bottom margin. The paper appears to be a standard notebook or legal pad style.

# HABIT TRACKER

MONTH: \_\_\_\_\_

HABIT: \_\_\_\_\_

GOALS: \_\_\_\_\_

\_\_\_\_\_

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HABIT: \_\_\_\_\_

GOALS: \_\_\_\_\_

\_\_\_\_\_

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HABIT: \_\_\_\_\_

GOALS: \_\_\_\_\_

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HABIT: \_\_\_\_\_

GOALS: \_\_\_\_\_

\_\_\_\_\_

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NOTES: \_\_\_\_\_

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ONE STEP AT A TIME. YOU'LL GET THERE.