

2023 HABIT TRACKER v1.0

WEEK NO.: _____

DATE COVERED: _____

		<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>Th</i>	<i>F</i>	<i>S</i>	REMARKS
FOOD									
1. Count Calories	D								
2. Calories	D								
3. Protein	D								
4. Water	D								
WORKOUT									
5. Weight Monitoring	W								
6. Strength Training	4								
7. Cardio	2								
8. 10,000 Steps	D								
MIND									
9. AM Journal	D								
10. PM Journal	D								
11. Meditate	3								
12. Read a Chapter	D								
13. Picture of the Day	D								
MONEY									
14. Weekly Budget	W								

NOTES:
