

10 DAILY HABITS FOR THE MONTH OF: _____

HABIT

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

INSTRUCTIONS: WRITE YOUR 10 DAILY HABITS IN THE SPACE PROVIDED. EACH DAY, COLOR IN THE BOX FOR THAT DAY AND THE HABIT TO TRACK YOUR PROGRESS. THE OBJECTIVE IS TO FILL IN ALL THE BOXES DURING THE MONTH. YOU MAY ELECT TO BE "OFF" ON THE WEEKENDS.