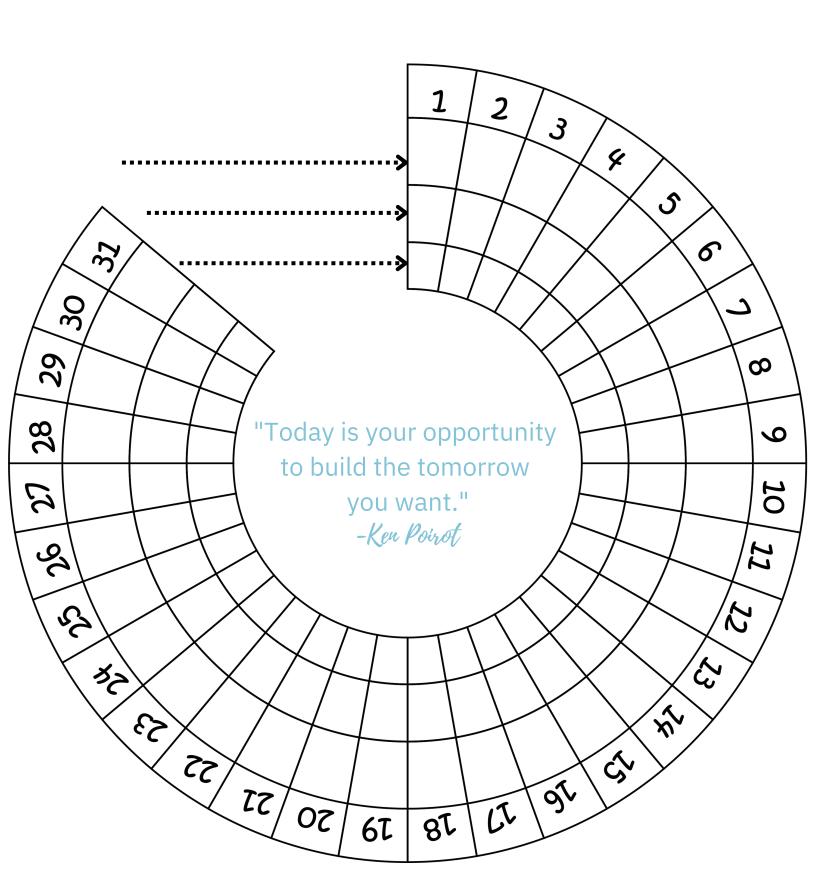
HABIT TRACKER

Habit 1:	
When will you fit this in?	
What can you habit stack it with?	
Habit 2:	
When will you fit this in?	
What can you habit stack it with?	
Habit 3:	
When will you fit this in?	
What can you habit stack it with?	
Start date:	

You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

John C. Maxwell

HABIT TRACKER



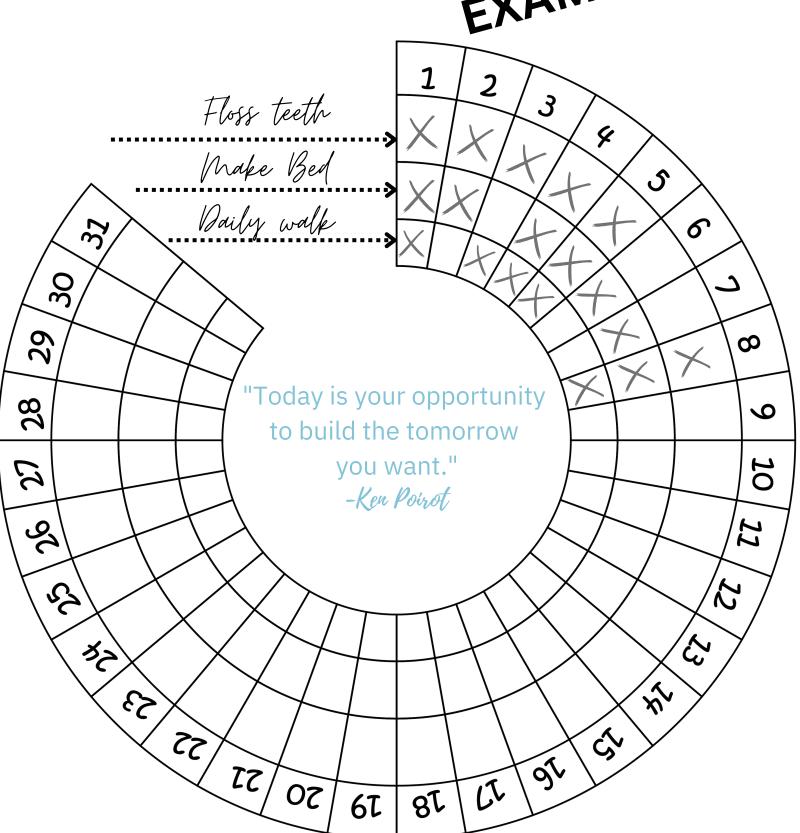
HABIT TRACKER EXAMPLE

Habit 1: Floss teeth
When will you fit this in? Before bed, during night routine
What can you habit stack it with? after washing face, before applying cream
Habit 2: Make Bed
When will you fit this in? Morning routine
What can you habit stack it with? After getting out of bed. before leaving room
Habit 3: Daily walk
When will you fit this in?
What can you habit stack it with? As soon as lunch starts before eating
Start date: January 1!

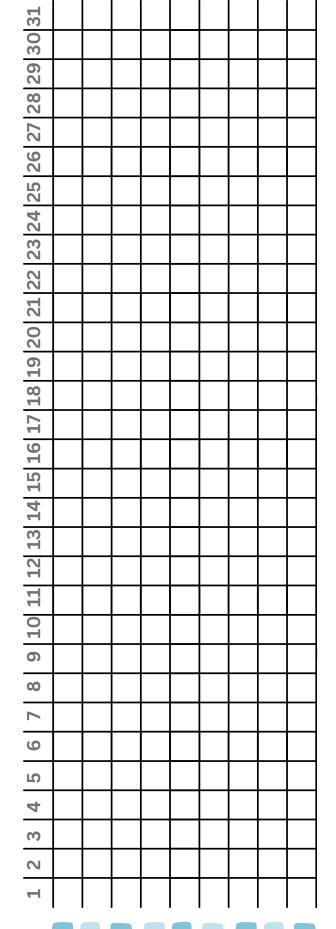
You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

John C. Maxwell

HABIT TRACKER EXAMPLE



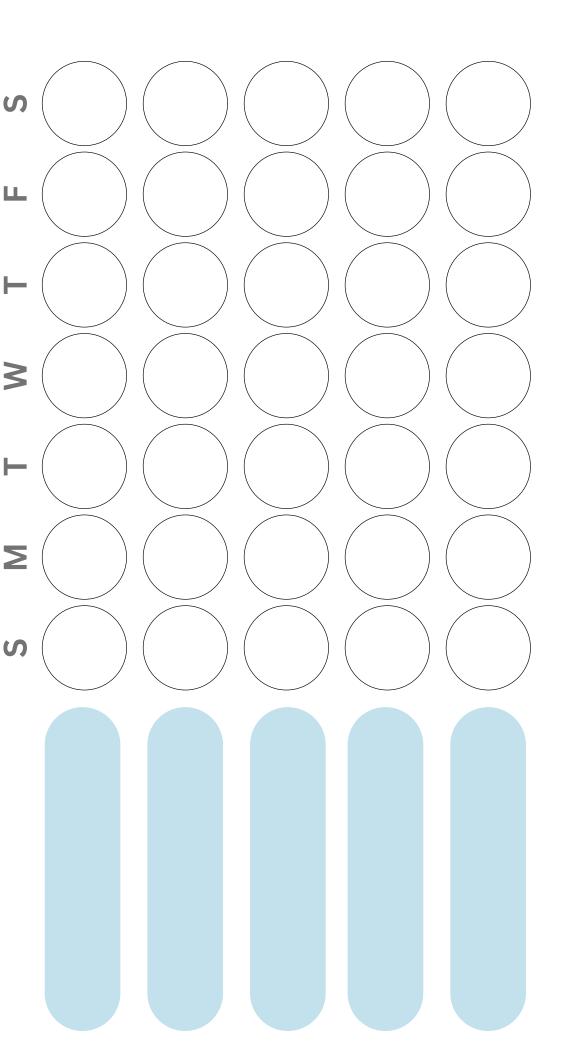
HABIT TRACKER



Motivation is what gets you started,

Habit is what keeps you going.

WEEKLY HABIT TRACKER



Start date:

(8)(8)(8)(8)(8)(8)(8)(8)(8)(8)(4)(2)(2)(2)(4)(2)(2)(2)(2)(2)(8)(8)(8)(8)(8)(8)(8)(8)(8)

(4)(2)(2)(2)(2)(2)(2)(2)(2)

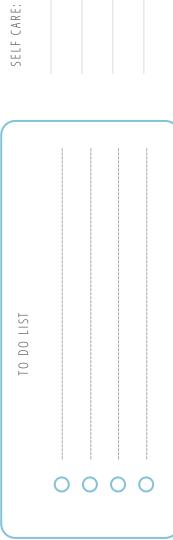
(9)(8)(9)(9)(9)(9)(9)(9)

Weekly Planner

MONTH:

DAY:

SATURDAY SUNDAY FRIDAY THURSDAY WEDNESDAY TUESDAY MONDAY





5 week HABIT TRACKER

M T W T F S S T W T M T M T W T F S S T W T M T W T F S S T W T W T W T W T W T W T W T W T W	S	HABIT
M T W T F S S S S S S S S S S S S S S S S S S	S	HABIT
M T W T F S S	S	HABIT