

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

**Suzanne S. Webb, William Edward
Tanner**

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