

habit TRACKER

	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
water																														
stretching																														
log food																														
walking																														
instagram																														
facebook																														
pinterest																														
blog																														
journal																														
meditate																														
chores																														
vitamins																														
gratitude																														
bed @ 10																														

