

# Healthy Habits Tracker

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	

	Week 1 Review	Week 2 Review	Week 3 Review
What habits went well? Why?			
Goals for next week:			

Building healthy habits takes time! Identify the habits that you want to build, and keep track of the days you complete them.



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