

# 21 DAY HABIT TRACKER

HABITS ARE BUILT THROUGH REPETITION. TRACK YOUR TOP GOAL AND DEFINE A FEW DAILY HABITS TO HELP YOU MEET YOUR GOAL. COMMIT TO 21 DAYS OF CONSISTENCY AND WATCH SMALL ACTIONS TURN INTO REAL PROGRESS.

MY GOAL: \_\_\_\_\_

HABITS I WILL DEVELOP TO ACHIEVE MY GOAL:

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

HABIT \_\_\_\_\_

S  M  T  W  T  F  S

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

WEEK 1

HABIT \_\_\_\_\_

S  M  T  W  T  F  S

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

WEEK 2

HABIT \_\_\_\_\_

S  M  T  W  T  F  S

01 \_\_\_\_\_

02 \_\_\_\_\_

03 \_\_\_\_\_

WEEK 3