



DAILY HABIT TRACKER



DATES:

ACTIVITY	S	M	T	W	T	F	S
EAT BREAKFAST							
SKINCARE							
EXERCISE 30-45 MINS +							
READ BIBLE OR DEVOTIONAL							
PRAY							
GO FOR A WALK							
DRINK ___ OZ OF WATER							
EAT FRUITS AND VEGGIES AT EVERY MEAL							
TAKE VITAMINS/SUPPLEMENTS							
MAKE TIME FOR FAMILY							
GO TO BED ON TIME							

