

2024-2025

RANJEET

YEAR AT A GLANCE

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE

JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

FEBRUARY 19 - 25

19 MONDAY		20 TUESDAY		21 WEDNESDAY		22 THURSDAY	
6		6		6		6	
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11		11		11		11	
12		12		12		12	
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2		2		2		2	
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HABIT TRACKER	M	T	W	T	F	S	S

Ah, Hope! what would life be, stripped of thy encouraging smiles, that teach us to look behind the dark clouds of today.

Susanna Moodie

FRIDAY 23		SATURDAY 24		SUNDAY 25	
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10		10		10	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

FEBRUARY 26 - MARCH 3

26 MONDAY		27 TUESDAY		28 WEDNESDAY		29 THURSDAY	
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HABIT TRACKER	M	T	W	T	F	S	S

A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.

Antoine De Saint-Exupery

FRIDAY 1		SATURDAY 2		SUNDAY 3	
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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MARCH

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MARCH 4 - 10

4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY
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HABIT TRACKER	M	T	W	T	F	S	S

A lot of problems in the world would be solved if we talked to each other instead of about each other.

Nickey Gumbel

FRIDAY 8		SATURDAY 9		SUNDAY 10	
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	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MARCH 11 - 17

11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY
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7	7	7	7
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HABIT TRACKER	M	T	W	T	F	S	S

Always will I take another step. If that is of no avail I will take another, and another. One step at a time is not too difficult.

Og Mandino

FRIDAY 15		SATURDAY 16		SUNDAY 17	
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Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MARCH 18 - 24

18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY
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HABIT TRACKER	M	T	W	T	F	S	S

An average person with average talents, can outstrip the most brilliant genius, if that person has clear, focused goals.

Mary Kay Ash

FRIDAY 22		SATURDAY 23		SUNDAY 24	
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Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MARCH 25 - 31

25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY
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HABIT TRACKER	M	T	W	T	F	S	S

Balance - A state in which different things occur in proper amounts or have a proper amount of importance.

Merriam Webster

FRIDAY 29		SATURDAY 30		SUNDAY 31	
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	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL

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APRIL 1 - 7

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HABIT TRACKER	M	T	W	T	F	S	S

Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it.

Ziad K. Abdelnour

FRIDAY 5		SATURDAY 6		SUNDAY 7	
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	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL 8 - 14

8 MONDAY		9 TUESDAY		10 WEDNESDAY		11 THURSDAY	
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HABIT TRACKER	M	T	W	T	F	S	S

Being a great listener is a rare quality and one that takes considerable effort. But, all can learn it.

Steve Shallenberger

FRIDAY 12		SATURDAY 13		SUNDAY 14	
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10		10		10	
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	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL 15 - 21

15 MONDAY		16 TUESDAY		17 WEDNESDAY		18 THURSDAY	
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11		11		11		11	
12		12		12		12	
1		1		1		1	
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HABIT TRACKER	M	T	W	T	F	S	S

Better communication begins not with speaking or expressing yourself, but with listening to others instead.

Steve Shallenberger

FRIDAY 19		SATURDAY 20		SUNDAY 21	
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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL 22 - 28

22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY
6	6	6	6
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8	8	8	8
9	9	9	9
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HABIT TRACKER	M	T	W	T	F	S	S

Character cannot be developed in ease and quiet. Only through experience of trial and suffering
can the soul be strengthened.
Helen Keller

FRIDAY 26		SATURDAY 27		SUNDAY 28	
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REFLECTION AND GRATITUDE

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL 29 - MAY 5

29 MONDAY	30 TUESDAY	1 WEDNESDAY	2 THURSDAY
6	6	6	6
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8	8	8	8
9	9	9	9
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HABIT TRACKER	M	T	W	T	F	S	S

By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be.

Mark Victor Hansen

FRIDAY 3		SATURDAY 4		SUNDAY 5	
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REFLECTION AND GRATITUDE

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

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MAY 6 - 12

6 MONDAY		7 TUESDAY		8 WEDNESDAY		9 THURSDAY	
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12		12		12		12	
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HABIT TRACKER	M	T	W	T	F	S	S

Courage doesn't always roar. Sometimes it's the quiet voice at the end of the day whispering, 'I will try again tomorrow.'

Mary Anne Radmacher

FRIDAY 10		SATURDAY 11		SUNDAY 12	
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	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MAY 13 - 19

13 MONDAY		14 TUESDAY		15 WEDNESDAY		16 THURSDAY	
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HABIT TRACKER	M	T	W	T	F	S	S

Discipline is doing the right thing at the right time regardless of how we feel about it.
Rob Shallenberger

FRIDAY 17		SATURDAY 18		SUNDAY 19	
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	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MAY 20 - 26

20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY
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HABIT TRACKER	M	T	W	T	F	S	S

Do what you say you will do and do it in a timely manner, and you too will rise in your chosen field.

Steve Shallenberger

FRIDAY 24		SATURDAY 25		SUNDAY 26	
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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MAY 27 - JUNE 2

27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY
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HABIT TRACKER	M	T	W	T	F	S	S

Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.

Roy T. Bennett

FRIDAY 31		SATURDAY 1		SUNDAY 2	
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	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

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JUNE 3 - 9

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY
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HABIT TRACKER	M	T	W	T	F	S	S

Don't ever make decisions based on fear. Make decisions based on hope and possibility.

Michelle Obama

FRIDAY 7		SATURDAY 8		SUNDAY 9	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JUNE 10 - 16

10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

Don't settle for average. Bring your best to the moment. Then, whether it fails or succeeds, at least you know you gave all you had.

Angela Bassett

FRIDAY 14		SATURDAY 15		SUNDAY 16	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JUNE 17 - 23

17 MONDAY		18 TUESDAY		19 WEDNESDAY		20 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Everybody is a genius, but if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.

Julie Andrews

FRIDAY 21		SATURDAY 22		SUNDAY 23	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JUNE 24 - 30

24 MONDAY	25 TUESDAY	26 WEDNESDAY	27 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

Everything can be taken but one: the last of human freedoms -- to choose one's attitude in any given set of circumstances.

Victor Frankl

FRIDAY 28		SATURDAY 29		SUNDAY 30	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY

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JULY 1 - 7

1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

Failure happens all the time. It happens every day in practice. What makes you better is how you react to it.

Mia Hamm

FRIDAY 5		SATURDAY 6		SUNDAY 7	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
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8		8		8	

REFLECTION AND GRATITUDE

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY 8 - 14

8 MONDAY		9 TUESDAY		10 WEDNESDAY		11 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Failure is simply the opportunity to begin again, this time more intelligently.
Henry Ford

FRIDAY 12		SATURDAY 13		SUNDAY 14	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY 15 - 21

15 MONDAY		16 TUESDAY		17 WEDNESDAY		18 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

For me, goals are my road map to the life I want. They have helped me accomplish things I once thought were impossible.

Catherine Pulsifer

FRIDAY 19		SATURDAY 20		SUNDAY 21	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY 22 - 28

22 MONDAY		23 TUESDAY		24 WEDNESDAY		25 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

For there will always be light, if only we're brave enough to see it. If only we're brave enough to be it.

Amanda Gorman

FRIDAY 26		SATURDAY 27		SUNDAY 28	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
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7		7		7	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY 29 - AUGUST 4

29 MONDAY		30 TUESDAY		31 WEDNESDAY		1 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Get a good idea and stay with it. Dog it, and work at it until it's done right.

Walt Disney

FRIDAY 2		SATURDAY 3		SUNDAY 4	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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3		3		3	
4		4		4	
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7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

AUGUST

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AUGUST 5 - 11

5 MONDAY		6 TUESDAY		7 WEDNESDAY		8 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Happiness is when what you think, what you say, and what you do are in harmony.
Gandhi

FRIDAY 9		SATURDAY 10		SUNDAY 11	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

AUGUST 12 - 18

12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

I can accept failure, everyone fails at something. But I can't accept not trying.

Michael Jordan

FRIDAY 16		SATURDAY 17		SUNDAY 18	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

AUGUST 19 - 25

19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living.

Dr. Seuss

FRIDAY 23		SATURDAY 24		SUNDAY 25	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

AUGUST 26 - SEPTEMBER 1

26 MONDAY		27 TUESDAY		28 WEDNESDAY		29 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

I really love being alive. I love my family and my work. I love the opportunity to do things.
That's what happiness is.
Michael J. Fox

FRIDAY 30		SATURDAY 31		SUNDAY 1	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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7		7		7	
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REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER

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SEPTEMBER 2 - 8

2 MONDAY		3 TUESDAY		4 WEDNESDAY		5 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

I really think a champion is defined not by their wins but by how they can recover when they fall.

Serena Williams

FRIDAY 6		SATURDAY 7		SUNDAY 8	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER 9 - 15

9 MONDAY		10 TUESDAY		11 WEDNESDAY		12 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

I say if I'm beautiful. I say if I'm strong. You will not determine my story, I will.

Amy Schumer

FRIDAY 13		SATURDAY 14		SUNDAY 15	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER 16 - 22

16 MONDAY		17 TUESDAY		18 WEDNESDAY		19 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
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HABIT TRACKER	M	T	W	T	F	S	S

I think there's some connection between absolute discipline and absolute freedom.

Alan Rickman

FRIDAY 20		SATURDAY 21		SUNDAY 22	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER 23 - 29

23 MONDAY		24 TUESDAY		25 WEDNESDAY		26 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

I'd rather regret the things I've done than regret the things I haven't done.

Lucille Ball

FRIDAY 27		SATURDAY 28		SUNDAY 29	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
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2		2		2	
3		3		3	
4		4		4	
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6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER 30 - OCTOBER 6

30 MONDAY	1 TUESDAY	2 WEDNESDAY	3 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

I've been searching for ways to heal myself, and I've found that kindness is the best way.

Lady Gaga

FRIDAY 4		SATURDAY 5		SUNDAY 6	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
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7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

OCTOBER

1	
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31	

OCTOBER 7 - 13

7 MONDAY		8 TUESDAY		9 WEDNESDAY		10 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

I've failed over and over and over again in my life. And that is why I succeed.

Michael Jordan

FRIDAY 11		SATURDAY 12		SUNDAY 13	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

OCTOBER 14 - 20

14 MONDAY		15 TUESDAY		16 WEDNESDAY		17 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

I've had to learn to fight all my life ' got to learn to keep smiling. If you smile things will work out.

Serena Williams

FRIDAY 18		SATURDAY 19		SUNDAY 20	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

OCTOBER 21 - 27

21 MONDAY	22 TUESDAY	23 WEDNESDAY	24 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

If people are doubting how far you can go, go so far that you can't hear them anymore.

Michele Ruiz

FRIDAY 25		SATURDAY 26		SUNDAY 27	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

OCTOBER 28 - NOVEMBER 3

28 MONDAY		29 TUESDAY		30 WEDNESDAY		31 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you.

Zig Ziglar

FRIDAY 1		SATURDAY 2		SUNDAY 3	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

NOVEMBER

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NOVEMBER 4 - 10

4 MONDAY		5 TUESDAY		6 WEDNESDAY		7 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.

Oprah Winfrey

FRIDAY 8		SATURDAY 9		SUNDAY 10	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

NOVEMBER 11 - 17

11 MONDAY		12 TUESDAY		13 WEDNESDAY		14 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

If you want love, give love. If you want truth, be truthful. If you want respect, give respect. What you give out will always return.

Kristen Butler

FRIDAY 15		SATURDAY 16		SUNDAY 17	
6		6		6	
7		7		7	
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9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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3		3		3	
4		4		4	
5		5		5	
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7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

NOVEMBER 18 - 24

18 MONDAY		19 TUESDAY		20 WEDNESDAY		21 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Imagination is the only key to the future. Without it none exists - with it all things are possible.
Ida Tarbell

FRIDAY 22		SATURDAY 23		SUNDAY 24	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

NOVEMBER 25 - DECEMBER 1

25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
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3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
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HABIT TRACKER	M	T	W	T	F	S	S

In complete darkness we are all the same, it is only our knowledge and wisdom that separates us,
don't let your eyes deceive you.
Janet Jackson

FRIDAY 29		SATURDAY 30		SUNDAY 1	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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3		3		3	
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6		6		6	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

DECEMBER

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DECEMBER 2 - 8

2 MONDAY		3 TUESDAY		4 WEDNESDAY		5 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Integrity means you always comes through. Whatever you say you will do, do it even if you have to move heaven and earth.

Mary Kay Ash

FRIDAY 6		SATURDAY 7		SUNDAY 8	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
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6		6		6	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

DECEMBER 9 - 15

9 MONDAY		10 TUESDAY		11 WEDNESDAY		12 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

It seems to me that the people who get things done, who lead, who grow and who make an impact, those people have goals.

Seth Godin

FRIDAY 13		SATURDAY 14		SUNDAY 15	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

DECEMBER 16 - 22

16 MONDAY		17 TUESDAY		18 WEDNESDAY		19 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

It's best to have failure happen early in life. It wakes up the Phoenix bird in you so you rise from the ashes.

Anne Baxter

FRIDAY 20		SATURDAY 21		SUNDAY 22	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

DECEMBER 23 - 29

23 MONDAY		24 TUESDAY		25 WEDNESDAY		26 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Kindness is more important wisdom, and the recognition of this is the beginning of wisdom.
Theodore Isaac Rubin

FRIDAY 27		SATURDAY 28		SUNDAY 29	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

DECEMBER 30 - JANUARY 5

30 MONDAY		31 TUESDAY		1 WEDNESDAY		2 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family.

Kofi Annan

FRIDAY 3		SATURDAY 4		SUNDAY 5	
6		6		6	
7		7		7	
8		8		8	
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12		12		12	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JANUARY

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JANUARY 6 - 12

6 MONDAY		7 TUESDAY		8 WEDNESDAY		9 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
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7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Learning is not attained by chance, it must be sought for with ardor and diligence.
Abigail Adams

FRIDAY 10		SATURDAY 11		SUNDAY 12	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
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7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JANUARY 13 - 19

13 MONDAY		14 TUESDAY		15 WEDNESDAY		16 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Let us tenderly and kindly cherish the means of knowledge. Let us dare to read, think, speak, and write.

John Adams

FRIDAY 17		SATURDAY 18		SUNDAY 19	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
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12		12		12	
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REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JANUARY 20 - 26

20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

Let your personal vision flow from the very center of your heart and mind. Let it capture your passion, direction, purpose, and why.

Steve Shallenberger

FRIDAY 24		SATURDAY 25		SUNDAY 26	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JANUARY 27 - FEBRUARY 2

27 MONDAY		28 TUESDAY		29 WEDNESDAY		30 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
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2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Life is a song, sing it. Life is a game, play it. Life is a challenge, meet it. Life is a sacrifice, offer it. Life is love, enjoy it.

Sai Baba

FRIDAY 31		SATURDAY 1		SUNDAY 2	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
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1		1		1	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

FEBRUARY

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FEBRUARY 3 - 9

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY
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8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
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HABIT TRACKER	M	T	W	T	F	S	S

Life is full of beauty. Notice it. Notice the bumble bee, the small child, and the smiling faces.
Smell the rain, and feel the wind.
Ashley Smith

FRIDAY 7		SATURDAY 8		SUNDAY 9	
6		6		6	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

FEBRUARY 10 - 16

10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY
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7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
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6	6	6	6
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HABIT TRACKER	M	T	W	T	F	S	S

May I, insofar as I can, give all necessary help to my friends and to all who are in need. May I never fail a friend in trouble.

Eusebius

FRIDAY 14		SATURDAY 15		SUNDAY 16	
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10		10		10	
11		11		11	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

FEBRUARY 17 - 23

17 MONDAY		18 TUESDAY		19 WEDNESDAY		20 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
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11		11		11		11	
12		12		12		12	
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2		2		2		2	
3		3		3		3	
4		4		4		4	
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HABIT TRACKER	M	T	W	T	F	S	S

My happiness grows in direct proportion to my acceptance, and in inverse proportion to my expectations.

Michael J. Fox

FRIDAY 21		SATURDAY 22		SUNDAY 23	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

FEBRUARY 24 - MARCH 2

24 MONDAY		25 TUESDAY		26 WEDNESDAY		27 THURSDAY	
6		6		6		6	
7		7		7		7	
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12		12		12		12	
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5		5		5		5	
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HABIT TRACKER	M	T	W	T	F	S	S

Never allow yourself to feel you are a lost cause, regardless of your past. You are meaningful and can choose your path forward.

Steve Shallenberger

FRIDAY 28		SATURDAY 1		SUNDAY 2	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

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MARCH

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MARCH 3 - 9

3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY
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10	10	10	10
11	11	11	11
12	12	12	12
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HABIT TRACKER	M	T	W	T	F	S	S

Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.
Earl Nightingale

FRIDAY 7		SATURDAY 8		SUNDAY 9	
6		6		6	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MARCH 10 - 16

10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
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12	12	12	12
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HABIT TRACKER	M	T	W	T	F	S	S

Nothing brings me more happiness than trying to help the most vulnerable people in society.
Princess Diana

FRIDAY 14		SATURDAY 15		SUNDAY 16	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MARCH 17 - 23

17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
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HABIT TRACKER	M	T	W	T	F	S	S

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.

Marie Curie

FRIDAY 21		SATURDAY 22		SUNDAY 23	
6		6		6	
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REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MARCH 24 - 30

24 MONDAY	25 TUESDAY	26 WEDNESDAY	27 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
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4	4	4	4
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HABIT TRACKER	M	T	W	T	F	S	S

Nothing in the Golden Rule says that others will treat us as we've treated them, it only says to treat others how we'd want to be treated.

Rosa Parks

FRIDAY 28		SATURDAY 29		SUNDAY 30	
6		6		6	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MARCH 31 - APRIL 6

31 MONDAY		1 TUESDAY		2 WEDNESDAY		3 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
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11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
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HABIT TRACKER	M	T	W	T	F	S	S

Nothing is worth more than laughter. It is strength to laugh and to abandon oneself, to be light.
Frida Kahlo

FRIDAY 4		SATURDAY 5		SUNDAY 6	
6		6		6	
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10		10		10	
11		11		11	
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REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL

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APRIL 7 - 13

7 MONDAY		8 TUESDAY		9 WEDNESDAY		10 THURSDAY	
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7		7		7		7	
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10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
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HABIT TRACKER	M	T	W	T	F	S	S

Offer compassion instead of judgement. It is better to err on the side of kindness and compassion than that of judgment and criticism.

Steve Shallenberger

FRIDAY 11		SATURDAY 12		SUNDAY 13	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL 14 - 20

14 MONDAY		15 TUESDAY		16 WEDNESDAY		17 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
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10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
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HABIT TRACKER	M	T	W	T	F	S	S

Often we look so long at the closed door that we do not see the one which has been opened for us.

Helen Keller

FRIDAY 18		SATURDAY 19		SUNDAY 20	
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9		9		9	
10		10		10	
11		11		11	
12		12		12	
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3		3		3	
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5		5		5	
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7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL 21 - 27

21 MONDAY	22 TUESDAY	23 WEDNESDAY	24 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

Once you replace negative thoughts with positive ones, you'll start having positive results.

Willie Nelson

FRIDAY 25		SATURDAY 26		SUNDAY 27	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

APRIL 28 - MAY 4

28 MONDAY	29 TUESDAY	30 WEDNESDAY	1 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

One's philosophy is not best expressed in words; it is expressed in the choices one makes.

Eleanor Roosevelt

FRIDAY 2		SATURDAY 3		SUNDAY 4	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MAY

1	
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31	

MAY 5 - 11

5 MONDAY		6 TUESDAY		7 WEDNESDAY		8 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Our greatest glory is not in never falling, but in rising every time we fall.
Confucius

FRIDAY 9		SATURDAY 10		SUNDAY 11	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MAY 12 - 18

12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

Thomas Edison

FRIDAY 16		SATURDAY 17		SUNDAY 18	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MAY 19 - 25

19 MONDAY		20 TUESDAY		21 WEDNESDAY		22 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Progress begins with imagination. When you turn on the switch of imagination, you open the door of infinite possibility.

Steve Shallenberger

FRIDAY 23		SATURDAY 24		SUNDAY 25	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

MAY 26 - JUNE 1

26 MONDAY		27 TUESDAY		28 WEDNESDAY		29 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Regulate your conduct by the golden rule ... and the path of duty will be clear before you.
William Wilberforce

FRIDAY 30		SATURDAY 31		SUNDAY 1	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JUNE

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JUNE 2 - 8

2 MONDAY		3 TUESDAY		4 WEDNESDAY		5 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Some people want it to happen. Some wish it would happen. And others make it happen.
Michael Jordan

FRIDAY 6		SATURDAY 7		SUNDAY 8	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JUNE 9 - 15

9 MONDAY		10 TUESDAY		11 WEDNESDAY		12 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible.

Francis of Assisi

FRIDAY 13		SATURDAY 14		SUNDAY 15	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JUNE 16 - 22

16 MONDAY		17 TUESDAY		18 WEDNESDAY		19 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Success is not final; failure is not fatal: It is the courage to continue that counts.
Winston Churchill

FRIDAY 20		SATURDAY 21		SUNDAY 22	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JUNE 23 - 29

23 MONDAY		24 TUESDAY		25 WEDNESDAY		26 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

The actions we take, the decisions we make, and the lives we create are determined to a large degree by the content of our character.

Steve Shallenberger

FRIDAY 27		SATURDAY 28		SUNDAY 29	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JUNE 30 - JULY 6

30 MONDAY	1 TUESDAY	2 WEDNESDAY	3 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

The best investment you can make is an investment in yourself' The more you learn, the more you'll earn.

Warren Buffett

FRIDAY 4		SATURDAY 5		SUNDAY 6	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
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7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY

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JULY 7 - 13

7 MONDAY		8 TUESDAY		9 WEDNESDAY		10 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

The best portion of a good person's life is his little, nameless, unremembered acts of kindness and love.

William Wordsworth

FRIDAY 11		SATURDAY 12		SUNDAY 13	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY 14 - 20

14 MONDAY		15 TUESDAY		16 WEDNESDAY		17 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

The biggest communication problem is we do not listen to understand. We listen to reply.

Anonymous

FRIDAY 18		SATURDAY 19		SUNDAY 20	
6		6		6	
7		7		7	
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9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY 21 - 27

21 MONDAY		22 TUESDAY		23 WEDNESDAY		24 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

The fact is that when you do something from your heart, you leave a heart print.

Alice Walker

FRIDAY 25		SATURDAY 26		SUNDAY 27	
6		6		6	
7		7		7	
8		8		8	
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10		10		10	
11		11		11	
12		12		12	
1		1		1	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

JULY 28 - AUGUST 3

28 MONDAY		29 TUESDAY		30 WEDNESDAY		31 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
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HABIT TRACKER	M	T	W	T	F	S	S

The greatest gift is a passion for reading. It is cheap, it consoles, it distracts, it excites, and gives you knowledge.

Elizabeth Hardwick

FRIDAY 1		SATURDAY 2		SUNDAY 3	
6		6		6	
7		7		7	
8		8		8	
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10		10		10	
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12		12		12	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

AUGUST

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AUGUST 4 - 10

4 MONDAY	5 TUESDAY	6 WEDNESDAY	7 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
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8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

The human imagination is capable of producing endless opportunities and possibilities. With them comes hope.

Steve Shallenberger

FRIDAY 8		SATURDAY 9		SUNDAY 10	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

AUGUST 11 - 17

11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
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HABIT TRACKER	M	T	W	T	F	S	S

The more you praise and celebrate your life, the more there is in life to celebrate.

Oprah Winfrey

FRIDAY 15		SATURDAY 16		SUNDAY 17	
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7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

AUGUST 18 - 24

18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

The most difficult thing is the decision to act, the rest is merely tenacity.

Amelia Earhart

FRIDAY 22		SATURDAY 23		SUNDAY 24	
6		6		6	
7		7		7	
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9		9		9	
10		10		10	
11		11		11	
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7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

AUGUST 25 - 31

25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
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HABIT TRACKER	M	T	W	T	F	S	S

The only way to bring peace to the earth is to learn to make our own life peaceful.
The Buddha

FRIDAY 29		SATURDAY 30		SUNDAY 31	
6		6		6	
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10		10		10	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER

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SEPTEMBER 1 - 7

1 MONDAY		2 TUESDAY		3 WEDNESDAY		4 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

The same boiling water that softens the potato hardens the egg. It's what you're made of. Not the circumstances.

Unknown

FRIDAY 5		SATURDAY 6		SUNDAY 7	
6		6		6	
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10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER 8 - 14

8 MONDAY		9 TUESDAY		10 WEDNESDAY		11 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
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HABIT TRACKER	M	T	W	T	F	S	S

The world is a canvas for your imagination. You are the painter. There are NO RULES. Get to work.

Anonymous

FRIDAY 12		SATURDAY 13		SUNDAY 14	
6		6		6	
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8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER 15 - 21

15 MONDAY		16 TUESDAY		17 WEDNESDAY		18 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do.

Sarah Ban Breathnach

FRIDAY 19		SATURDAY 20		SUNDAY 21	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
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5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER 22 - 28

22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
7	7	7	7
8	8	8	8

HABIT TRACKER	M	T	W	T	F	S	S

The world of great opportunity is available now, as it has always been, only for those with great vision.

Andrew Caregie

FRIDAY 26		SATURDAY 27		SUNDAY 28	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

SEPTEMBER 29 - OCTOBER 5

29 MONDAY		30 TUESDAY		1 WEDNESDAY		2 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

There are no great limits to growth because there are no limits of human intelligence, imagination, and wonder.

Ronald Reagan

FRIDAY 3		SATURDAY 4		SUNDAY 5	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

OCTOBER

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OCTOBER 6 - 12

6 MONDAY		7 TUESDAY		8 WEDNESDAY		9 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Time is really the only capital that any human has, and the only thing he can't afford to lose.

Albert Einstein

FRIDAY 10		SATURDAY 11		SUNDAY 12	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

OCTOBER 13 - 19

13 MONDAY		14 TUESDAY		15 WEDNESDAY		16 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Time with family and friends is as important as time at work. Getting that out of balance is a path towards unhappiness.

Stephen Gillett

FRIDAY 17		SATURDAY 18		SUNDAY 19	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

OCTOBER 20 - 26

20 MONDAY		21 TUESDAY		22 WEDNESDAY		23 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

We don't appreciate what we have until it's gone. Freedom is like that. It's like air. When you have it, you don't notice it.

Boris Yeltsin

FRIDAY 24		SATURDAY 25		SUNDAY 26	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

OCTOBER 27 - NOVEMBER 2

27 MONDAY		28 TUESDAY		29 WEDNESDAY		30 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
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HABIT TRACKER	M	T	W	T	F	S	S

We don't just sit around and wait for other people. We just make, and we do.

Arlan Hamilton

FRIDAY 31		SATURDAY 1		SUNDAY 2	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

NOVEMBER

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NOVEMBER 3 - 9

3 MONDAY		4 TUESDAY		5 WEDNESDAY		6 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes. It's part of success.

Arianna Huffington

FRIDAY 7		SATURDAY 8		SUNDAY 9	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

NOVEMBER 10 - 16

10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY
6	6	6	6
7	7	7	7
8	8	8	8
9	9	9	9
10	10	10	10
11	11	11	11
12	12	12	12
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3	3	3	3
4	4	4	4
5	5	5	5
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HABIT TRACKER	M	T	W	T	F	S	S

We reap what we sow in business and life. Among the greatest of those fruits is the ability to inspire others to pass on acts of kindness.

Steve Shallenberger

FRIDAY 14		SATURDAY 15		SUNDAY 16	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
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5		5		5	
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7		7		7	
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REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

NOVEMBER 17 - 23

17 MONDAY		18 TUESDAY		19 WEDNESDAY		20 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

We should all cautiously, wisely, and courageously trust because it bears some of the sweetest fruits of this life.

Tommy Shallenberger

FRIDAY 21		SATURDAY 22		SUNDAY 23	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

My biggest wins

I'm grateful for

WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

NOVEMBER 24 - 30

24 MONDAY		25 TUESDAY		26 WEDNESDAY		27 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

Henry Ford

FRIDAY 28		SATURDAY 29		SUNDAY 30	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

DECEMBER

1	
2	
3	
4	
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27	
28	
29	
30	
31	

DECEMBER 1 - 7

1 MONDAY		2 TUESDAY		3 WEDNESDAY		4 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

When you arise in the morning think of what a privilege it is to be alive, to think, to enjoy, to love ?

Marcus Aurelius

FRIDAY 5		SATURDAY 6		SUNDAY 7	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

REFLECTION AND GRATITUDE

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	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

DECEMBER 8 - 14

8 MONDAY		9 TUESDAY		10 WEDNESDAY		11 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

When you rise in the morning, give thanks for the light, for your life, for your strength.
Tecumseh

FRIDAY 12		SATURDAY 13		SUNDAY 14	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

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WELL-BEING

	M	T	W	T	F	S	S
Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES

DECEMBER 15 - 21

15 MONDAY		16 TUESDAY		17 WEDNESDAY		18 THURSDAY	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	

HABIT TRACKER	M	T	W	T	F	S	S

Wisdom is the fruit of experience, not the lesson of retirement and leisure. Great necessities call out great virtues.

Abigail Adams

FRIDAY 19		SATURDAY 20		SUNDAY 21	
6		6		6	
7		7		7	
8		8		8	
9		9		9	
10		10		10	
11		11		11	
12		12		12	
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
7		7		7	
8		8		8	

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Fitness/Exercise							
Hydration							
Sleep							
Nutrition							

NOTES