

Happy Habit Tracker

Physical

Running

Yoga

Weight Lifting

Other

Mental

Meditation

Journaling

Rest

Other

Dietary

Water

Fruit & Veg

Protein

Other

Happy Habit Tracker

Physical

Running	Last: 2/14/22, 30 min, 2 mi	+
Yoga	Last: 2/12/22, 40 min	+
Weight Lifting	Last: 2/12/22, 45 min	+
Other		+

Happy Habit Tracker

Physical - Running

Last Last: 2/14/22, 30 min, 2 mi

Last 7 days: 7 runs, 95 min, 7 mi

Last month: 22 runs, 250 min, 27 mi

This year: