RUBALENOK
SPORT INDUSTRY

Habit tracker

MONTH

JAN	FEB	MAR	APR
MAY	JUN	JUL	AUG
SEP	OCT	NOV	DEC

HABIT

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5		
6		
7		

NOTES

HABITS

	MO	TU	WE	TH	FR	SA	SU
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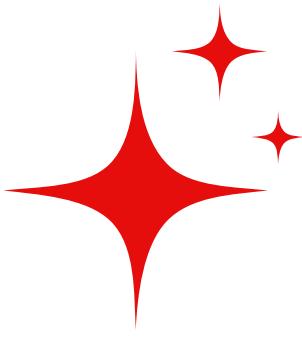
HABITS

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HABITS

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HABITS

	MO	TU	WE	TH	FR	SA	SU
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15 MIN STRETCHING

Take just 15 minutes each day to stretch your body, improve flexibility, and reduce muscle tension. A simple routine can keep you feeling energized and prevent stiffness.

1L OF WATER INTAKE

Aim to drink at least 1 liter of water daily to stay hydrated, improve skin health, boost energy, and support overall wellness.

MOVEMENT BREAKS

Take short breaks throughout the day to stand up, stretch, or walk around. These breaks help improve circulation, reduce stress, and increase productivity.

OUTDOOR WALK

Spend time outdoors by going for a walk. It's a great way to clear your mind, get fresh air, and stay active while reducing stress.

SUFFICIENT SLEEP (7-8H)

Ensure you're getting 7-8 hours of restful sleep each night to recharge, improve focus, and support overall health.