



Habit Names	WEEK 1							WEEK 2							WEEK 3							Total Completed
	Wed 1	Thu 2	Fri 3	Sat 4	Sun 5	Mon 6	Tue 7	Wed 8	Thu 9	Fri 10	Sat 11	Sun 12	Mon 13	Tue 14	Wed 15	Thu 16	Fri 17	Sat 18	Sun 19	Mon 20	Tue 21	
Daily Exercise	✓	✓	☐	✓	☐	✓	✓	☐	☐	☐	☐	☐	✓	☐	☐	✓	☐	☐	☐	☐	☐	
Bed Before 11pm	✓	✓	☐	✓	☐	☐	✓	✓	☐	☐	☐	☐	✓	☐	☐	✓	✓	☐	☐	☐	☐	
Drink Protein	✓	✓	✓	☐	✓	✓	✓	☐	☐	✓	☐	☐	✓	☐	☐	✓	☐	☐	☐	☐	☐	
Eat Vegetables	✓	✓	✓	☐	☐	☐	✓	☐	☐	☐	☐	☐	✓	☐	☐	✓	☐	☐	☐	☐	☐	
Call Grandparents	✓	✓	✓	☐	☐	✓	☐	☐	✓	✓	☐	☐	☐	☐	☐	☐	✓	☐	☐	☐	☐	
No Snacks	✓	✓	✓	☐	✓	☐	☐	☐	☐	☐	✓	☐	☐	☐	☐	☐	✓	☐	☐	☐	☐	
Do Homework	✓	✓	✓	✓	☐	✓	✓	✓	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Water Plants	✓	✓	✓	☐	✓	✓	☐	☐	☐	☐	✓	☐	☐	✓	☐	☐	☐	☐	☐	☐	☐	
Read 10+ Pages	✓	✓	☐	✓	☐	☐	☐	✓	☐	☐	☐	☐	☐	☐	☐	☐	✓	☐	☐	☐	☐	
Make Bed	✓	✓	☐	☐	☐	☐	☐	✓	☐	☐	☐	☐	☐	✓	☐	☐	✓	☐	☐	☐	☐	