

# HABIT TRACKER

MONTH: \_\_\_\_\_

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Result
Walking 31/31																																
100 oz water 31/31																																
Resistance training 3-4 days/wk																																

NOTES: \_\_\_\_\_

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