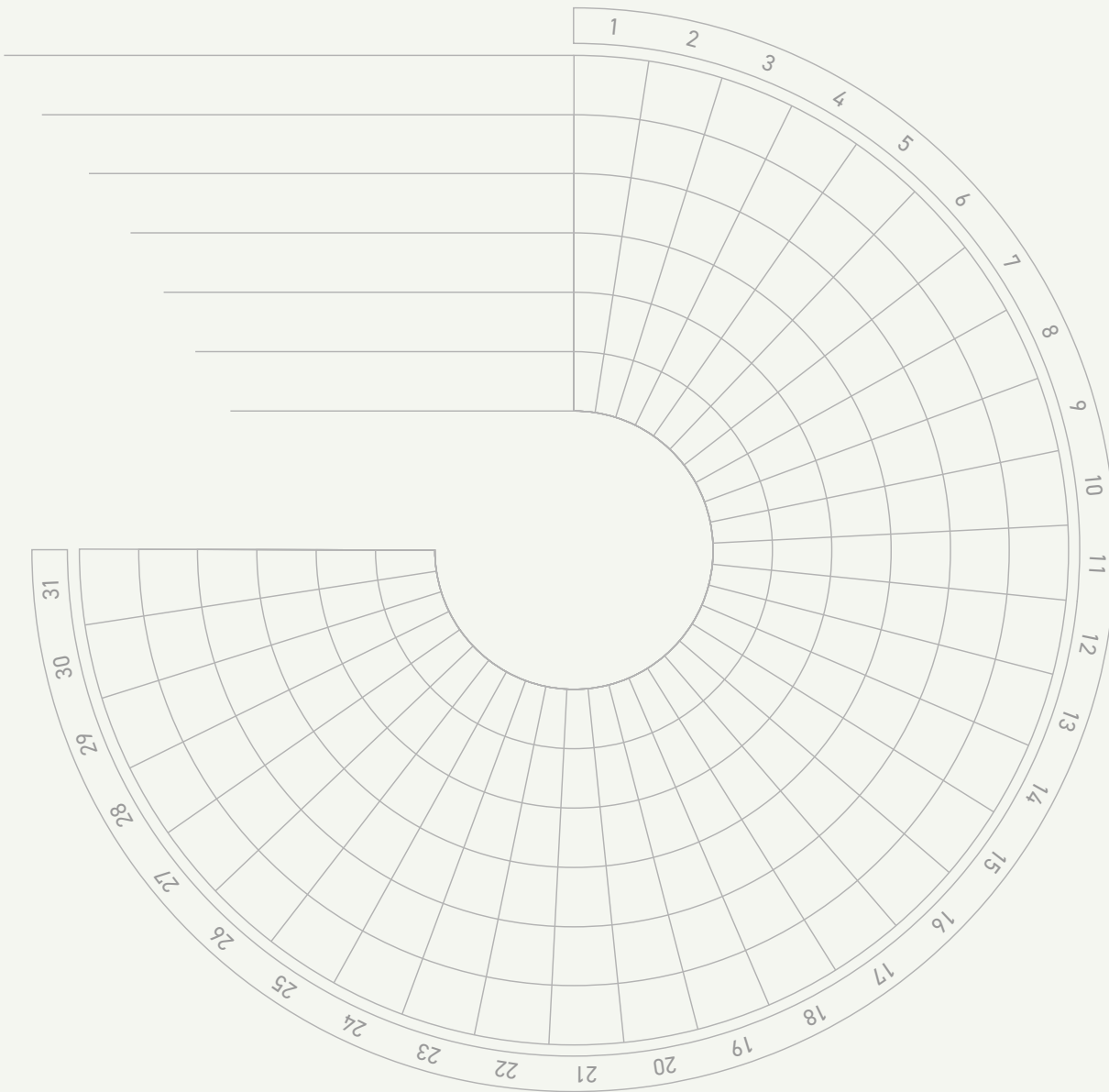


# habit better

## MONTHLY HABIT TRACKER



MONTH

### MONTH GOALS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### NOTES

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**a wise person once said...**  
THE HABITS YOU TRAIN ARE THE HABITS YOU GAIN.

## suggested habits for your choosing

○.....○.....○  
NUTRITION    SLEEP    MINDSET

### ● **NUTRITION**

- **HABIT 1-** 1 CUPPED HANDFUL VEGGIES WITH EVERY MEAL
- **HABIT 2-** 1 SERVING OF PROTEIN WITH EVERY MEAL

### ● **SLEEP**

- **HABIT-** GET 6-9 HOURS OF SLEEP EACH NIGHT

### ● **MINDSET**

- **HABIT-** JOURNALING: WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR EACH DAY

THE  
**habit better**  
CHALLENGE



# habit better

EXAMPLE

## MONTHLY HABIT TRACKER

MONTH

*January 2021*

MONTH GOALS

- Spend more time with family*
- Learn 3 new recipes*
- Be mindful of work life balance*
- 
- 

NOTES

**a wise person once said...**  
THE HABITS YOU TRAIN ARE THE HABITS YOU GAIN.

