

### MONTHLY HABIT TRACKER

MONTH	JAN		FEB		MAR		APR		MAY		JUN		JUL		AUG		SEP		OCT		NOV		DEC									
HABIT LIST	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	Totals
Stretch	X	X	X	X			X	X	X	X	X	X		X	X	X	X	X	X		X	X	X	X		X	X	X	X		X	25
10-min. Meditate	X	X	X				X	X	X	X	X	X	X	X		X	X	X		X	X	X	X	X	X	X	X	X			X	24
Write	X	X	X	X	X		X	X	X	X	X	X		X	X		X	X		X	X		X	X	X	X	X	X		X		23
30-min. Exercise	X		X		X		X		X		X		X	X				X		X	X		X	X	X		X	X			16	
Read			X	X		X	X	X	X		X					X	X		X	X	X	X	X	X	X		X		X		17	