

DAILY HABIT TRACKER

HABITS LIST		M	T	W	T	F	S	S
1	Time to Read							
2	Go on a Walk							
3	Stretch Before Bed							
4	Meditate							
5	Use Sunscreen							
6								
7	drink 5 liters of water							
8	get a little cardio							
9	Eat More Veggies							
10	Replace Sugary Desserts with Fresh Fruit							
11	Decrease The caffeine							
12	Sleep Well							
13	No Junk Food							
14	Limiting Time On Social Media							
15								
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19								
20								
NOTE								

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HABITS LIST	M	T	W	T	F	S	S
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NOTE