

30 DAYS HABIT TRACKER

INSTRUCTIONS

- Mark each completed habit with a ✓
- If you miss a day, mark it with an X
- Remember: You can miss one day, but never two in a row
- Celebrate your progress, not perfection

REMEMBER

- Reward the process, not just the results
- Listen to your sentinel animal
- Never miss two days in a row
- Your habits shape your future

Weekly Review

- Week 1 Insights: _____
- Week 2 Insights: _____
- Week 3 Insights: _____
- Week 4 Insights: _____

Monthly Overview

- Total Days Completed: __/30
- Strongest Habit: _____
- Most Challenging Habit: _____
- Key Learnings: _____
- Next Month's Focus: _____

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Tracker

DAY	GLASS OF WATER trigger your routine	EXERCISE release the energy	COLD SHOWER muscle the mind	AFFIRMATION decide the mindset	JOURNALING set your goals
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