

Connect & Reflect

Use this Healthy Habit Tracker to track one or two (or more—it's up to you!) healthy habits from the previous pages. You may want to choose one you do pretty consistently and one you'd like to adopt. As you track your performance over a week, jot down patterns you see emerging.

Then, reflect on the impact your habits had on your overall well-being. Did you notice anything about how you felt and managed stress? What small shifts might you make in your daily routine to ensure healthy habits?



HEALTHY HABIT TRACKER

Month:

Habit:

My motivation:

S	M	T	W	T	F	S
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Habit:

My motivation:

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Habit:

My motivation:

S	M	T	W	T	F	S
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