

# HABIT TRACKER

Color in the boxes when you complete the goal. Get as many boxes filled in as you can to complete your goals and form habits!

Write goals here

The habit tracker is a circular grid with 31 numbered days (1-31) around the perimeter. It has 6 horizontal rows for writing goals. On the left side, there are six colored arrows pointing right: teal, orange, yellow, light blue, purple, and green. At the top, a blue cartoon character is peeking over the grid. To the right, an orange cartoon character is holding a red marker and a sign that says 'NO' with a red slash. At the bottom, a purple cartoon character is running up a path towards a yellow banner that says 'FINISH'. Other cartoon characters include a sad blue one, a happy yellow one, and a happy green one.

"Successful people are simply those with successful habits" –Brian Tracy

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	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

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with Laura & Ashley

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## Laura & Ashley



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## CREDITS



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