

Wellness Habit Tracker:

Habit 1: _____

Habit 2: _____

Habit 3: _____

Day 1: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 2: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 3: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 4: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 5: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 6: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 7: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐
Day 8: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 9: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 10: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 11: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 12: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 13: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 14: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐
Day 15: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 16: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 17: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 18: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 19: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 20: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 21: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐
Day 22: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 23: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 24: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 25: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 26: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 27: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐	Day 28: Water: _____ Habit 1: ☐ Habit 2: ☐ Habit 3: ☐