Month: _____

Daily Habit Tracker

Wellness Corner
www.wellnesscorner.ca

DATE:																												
DAY:	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
NUTRITION:																												
PHYSICAL:																												
MENTAL / SPIRITUAL:																												
YOUR PICK:																												

TIPS:

🍏 Use a green pen or highlighter to fill in boxes on the days you successfully follow your habit.

💖 Use a pink highlighter on the days you don't follow your habit. (The contrasting colors show how you are doing at a glance)

⭐ Allow some wiggle room. The aim for an 80/20 balance.

💥 Don't overwhelm yourself. Pick 1 or 2 main habits and a couple of easier habits to focus on.

🎋 Celebrate strong habits; Note habits to keep working on.

Remember, you don't have to achieve 100%.

Work to improve 1 day at a time. One habit at a time.

KEEP IN MIND:

→ Developing lasting habits doesn't happen overnight. Some habits can take 90+ days to develop.

→ Some habits may take several attempts.

→ Focus on small shifts that you can sustain long term.

→ Small shifts done day after day add up to big changes... over time.

HABIT EXAMPLES:

✓ 8 - 10 glasses of water

✓ Have an apple a day

✓ Have a salad a day

✓ Have a smoothie a day

✓ Take vitamins daily

✓ Practice yoga 3 times per week

✓ Meditate 10 minutes per day

✓ Move 15 minutes per day

✓ Go to bed 1/2 hour earlier

✓ Practice gratitude journaling

✓ Eat at home 6 nights a week

✓ Pack your lunch

✓ Start your day with warm lemon water

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