Habit tracker

This habit tracker is a simple way for you to record tasks that you have done every month. Focus on a few key habits each month - one could be taking your medication.

Using the habit tracker is easy. Write the month you are recording at the top, list the habits you want to record in the column on the left and tick the box for each day that you complete them. At the end of the month, you can look back and see everything that you have achieved!

MONTH:

HABIT	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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