

HABIT TRACKER

Think of this as a scoreboard for the habits that keep you feeling good. Getting enough sleep, drinking water, or taking a brain break. Tracking your habits helps you see your progress, stay motivated, and notice what actually makes you feel better day to day. Every checkmark is proof that you're taking care of yourself in small but powerful ways!

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Weekly Reflection

I am proud of

1/ _____

2/ _____

3/ _____



Feelings

Discomfort

Lessons



How I want to move forward:

