DoTheWork THE HABIT TRACKER

"DEPENDING ON WHAT THEY ARE, OUR HABITS WILL EITHER MAKE US OR BREAK US. WE BECOME WHAT WE REPEATEDLY DO."

WHAT HABIT AM I TRACKING? .....

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
WEEK 1	☐	☐	☐	☐	☐	☐	☐	__ / 7
WEEK 2	☐	☐	☐	☐	☐	☐	☐	__ / 7
WEEK 3	☐	☐	☐	☐	☐	☐	☐	__ / 7
WEEK 4	☐	☐	☐	☐	☐	☐	☐	__ / 7