

Weekly Habit Tracker

Week of: _____

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning routine	<input type="checkbox"/>						
Exercise	<input type="checkbox"/>						
Healthy eating	<input type="checkbox"/>						
Reading	<input type="checkbox"/>						
Water intake	<input type="checkbox"/>						
Sleep 7+ hours	<input type="checkbox"/>						
No phone before bed	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						
_____	<input type="checkbox"/>						

Weekly Reflection:

What worked well? _____

What needs adjustment? _____

Goal for next week: _____