

# Daily habit tracker

Write a few small habits in each part of the day, then tick them off.

Date _____ M T W T F S S

Today's focus _____



## Morning

- [ ] 
- [ ] 
- [ ] 
- [ ] 
- [ ] 



## Midday

- [ ] 
- [ ] 
- [ ] 
- [ ] 
- [ ] 



## Evening

- [ ] 
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- [ ] 
- [ ] 



## Before bed

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- [ ] 
- [ ] 
- [ ] 

**Water** 

**Today I'm proud of**