# Habit Tracker

**Week of:** 11/1/2021

| HABIT | SUN<br>1-Nov | MON<br>2-Nov | TUES<br>3-Nov | WED<br>4-Nov | THURS<br>5-Nov | FRI<br>6-Nov | SAT<br>7-Nov |
|---|---|---|---|---|---|---|---|
| Went to bed on time | X | | X | X | X | | |
| Wrote in journal for 30 minutes | | X | | | | | |
| Ate a healthy afternoon snack | X | X | X | X | | | |
| Disconnected from all electronics an hour befo | X | X | X | | | | |
| Did an online HIIT workout (3 days/week) | X | | | X | | X | |

# Habit Tracker

**Month:** November

| 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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| Went to bed on time | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wrote in journal for 30 minutes | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ate a healthy afternoon snack | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Disconnected from all electronics an hour before bed | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Did an online HIIT workout (3 days/week) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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