

#HNHabitTracker

For every day you stick with a habit, simply mark an X.
Share your progress using **#HNHabitTracker!**

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|-----|-----|-----|-----|-----|-----|
| JAN | FEB | MAR | APR | MAY | JUN |
| JUL | AUG | SEP | OCT | NOV | DEC |

| | 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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| Maintain morning routine | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Set the tone for the day by creating a to-do list | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Make Formula 1 shake | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Take daily vitamins and supplements | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Choose one thing to be grateful for today | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Enjoy nutritious snacks | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Prepare healthy, homemade meal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Drink at least eight 8 oz. glasses of water | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Meet activity goal | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Connect with a friend, family member or Wellness Coach | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Keep up with personal development and self-care (e.g. read, listen to podcasts, develop a skincare routine, etc.) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Get enough sleep | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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