# HABIT TRACKER

| | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|
| WATER | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WORKOUT | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| READ | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| WRITING | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| HEALTHY EATING | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
| SLEEP | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

## TO DO LIST

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## NOTES

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