

MONTHLY HABIT TRACKER

BUILD BALANCED,
INTENTIONAL HABITS -
MONTH BY MONTH.

MONTH OF: _____

Monthly Focus

WRITE YOUR INTENTION FOR
THIS WEEK (BALANCE, ENERGY,
HEALTH, JOY...)

HABITS TO TRACK THIS MONTH

	W1	W2	W3	W4	W5
HYDRATE – DRINK ENOUGH WATER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MORNING SUNLIGHT / FRESH AIR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAILY STEPS OR MOVEMENT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
READ OR LEARN (10 MIN)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
VITAMINS / SUPPLEMENTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NO-PHONE MORNING ROUTINE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SKINCARE + SELF-CARE ROUTINE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EVENING WIND-DOWN ROUTINE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WINS & ADJUSTMENTS

WHAT WENT WELL THIS MONTH?
WHAT WILL YOU ADJUST NEXT MONTH?

COZY TREATS TO CELEBRATE YOUR MONTH

- A COZY CANDLE
- FAVORITE DRINK
- UNPLUG & RELAX
- A WARM BATH OR SHOWER
- FRESH SHEETS
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**SMALL HABITS SHAPE CALM,
INTENTIONAL MONTHS.**