

# HABITS CHECKLIST

Dates: \_\_\_\_\_

	Daily Habits	M	T	W	T	F	S	S
Week 1								

	Daily Habits	M	T	W	T	F	S	S
Week 2								

	Daily Habits	M	T	W	T	F	S	S
Week 3								

	Daily Habits	M	T	W	T	F	S	S
Week 4								