



HABIT TRACKER

WELCOME TO THE SEPTEMBER GRIND!!
PRINT OR ELECTRONICALLY FILL THIS OUT DAILY TO STAY ON TOP OF THE GRIND ALL MONTH LONG!

SUBMIT ON MONDAY'S IN THE GROUP TO WIN PRIZES!

WEEK OF: NOV 13 - NOV 19

HABIT / STEP

(M) (T) (W) (T) (F) (S) (S)

01 TRACKED WATER

02 TRACKED FOOD

03 COMPLEMENT SOMEONE ELSE?

04 COMPLEMENT YOURSELF?

05 LISTEN/READ/LEARN

NOTES

