

HABIT TRACKER

Our habits define our overall lifestyle.

The purpose of this habit tracker is to help you add positive habits to your daily life.

Use this to track your progress and help motivate you to keep going!

If you miss a day, don't stress. Give yourself grace and get back on the next day!

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

Fill in each square
after you have
completed the
daily activity.

**"All big things come
from small beginnings.
The seed of every habit is
a single, tiny decision."**

- James Clear -



BOISE STATE UNIVERSITY

TIPS & TRICKS:

Try to focus on developing one habit at a time. Focus on habits that are practical and realistic for you. Think of SMART goal setting: Specific, Measurable, Attainable, Realistic, and Time-Bound

IDEAS FOR HEALTHY HABITS:

- “I will move my body for at least 30 minutes daily.”
- “I will read one chapter of a book daily.”
- “I will wake up right when my alarm goes off.”
- “I will sleep at least eight hours every night.”
- “I will meditate for five minutes every night.”
- “I will eat three or more servings of fruits every day.”
- “I will eat three or more servings of vegetables every day.”
- “I will make my bed every morning.”

TREAT YOURSELF!

- Set small rewards for yourself after developing each habit.
- You can also set a larger reward after developing five habits!

	HABIT	REWARD
1		
2		
3		
4		
5		

Reward for developing all 5 habits: _____
