



31 DAY HABIT TRACKER

DAYONE
WELLNESS

BIG GOAL

SHORT-TERM GOAL(S)

Wellbeing Foundation	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
Hydrated with hot water first thing																															
Raised my heart rate for +2 minutes																															
Spent 10 minutes outside today																															
Upgraded to caffeine-free after 2pm																															
Ate +5 different portions of veg today																															
Finished eating by 7pm																															
10 x belly breaths and gratitude																															
Slept for 7-8 hours last night																															

Progress Accelerators	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
Verbalised my long-term goal today																															
Prepared my nutrition for tomorrow																															
Exercised today																															

YOUR CURRENT HABITS ARE CREATING YOUR FUTURE LIFE

EDUCATE YOURSELF • EMPOWER OTHERS • EXCEED TOGETHER

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