HABIT TRACKER

A backyard hiker

Month: _____

Habit	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

Habit	Reward
Example : Tackle my admin for 20 min	If I tackle this every day, I won't fall behind and be overwhelmed with what I have to finish.