

# DAILY HABIT TRACKER

## NEW TOOLS I'M LEARNING

NAME OF TOOL \_\_\_\_\_

WEEK OF:

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## NEW HABITS I'M BUILDING

HABIT \_\_\_\_\_

WEEK OF:

\_\_\_\_\_ (S) (M) (T) (W) (TH) (F) (S)

WEEKLY GOAL

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

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

THIS HABIT IS IMPORTANT TO ME BECAUSE \_\_\_\_\_

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WEEKLY GOAL

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THIS HABIT IS IMPORTANT TO ME BECAUSE \_\_\_\_\_

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WEEKLY GOAL

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THIS HABIT IS IMPORTANT TO ME BECAUSE \_\_\_\_\_

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WEEKLY GOAL

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THIS HABIT IS IMPORTANT TO ME BECAUSE \_\_\_\_\_