

# Weekly Starter Habit Tracker

Week beginning Sunday, \_\_\_\_\_

Starter Habit	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Stretch Habit
Morning Meds/Vitamins								Same
Evening Meds/Vitamins								Same
Drink 40 oz water								Drink 64 oz
15 mins/cardio								30 mins/cardio
15 min/sewing								1 hour sewing
3 sets weights/core exercise								3 diff exercises (3 sets weights/core)
5 mins stretching								20 mins stretching
1 serving veg								2-3 servings veggies
7 hrs of sleep								8 hrs of sleep
Cup of Tea								Tea + Meditation

SAMPLE

✓ = completed starter habit

✓✓ = completed stretch habit

○ = missed habit

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