

Habits Tracker

Habits	April																													
	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
HIIT Workout																														
Strength Workout																														
Cardio																														
Abs Workout																														
Get up before 10 am																														
Eat 3 meals a day																														
Drink 64 oz of water																														
Spend at least an hour on school																														
Get to bed before 1 am																														
Eat fruit and vegetables at least 3 times																														
Weekly Weigh In (Mon)																														
Play the Guitar for 1 hour																														

In the left column under "habits", please fill in habits that you would like to track over the next month. Every day that you complete the habit, fill the box in with any color. If you would like to track your weight, then put the number in the box. Only track your weight once per week. If you did not complete the habit for the day, leave the box blank. Please turn your habits trackers in to gfiles@pennstatehealth.psu.edu every monday. Set an alarm every evening to remind yourself to fill in your tracker.

Habit Complete
Habit Incomplete