

# Habit Tracker



COLOR IN EACH DAY YOU  
COMPLETE YOUR TASK!

# 30-day challenge

NEW HABIT:

---

---

WHY IS THIS IMPORTANT FOR ME?

---

---

STRENGTHS:

---

---

WEAKNESSES:

---

---

GOAL: (WHAT WILL THIS CHALLENGE HELP ME ACCOMPLISH?)

---

---

HOW DID IT GO?

---

---

WHAT DID I LEARN?

---

---

RATE THIS CHALLENGE

