

Free Habit Tracker Template!

@lifesteahcers

How badly do you want to achieve your goals and live the life that you want? Pay attention to what your habits are on a daily basis as habits shape your life.

Below is a **FREE** template you can download and jot down the daily habits that **YOU** want to adopt. Once you complete the habit for a set day, tick it off (see below for an example). It's important to reward yourself, for example after completing your daily habits for a week, take yourself out for a nice dinner!

You can look back on this and see the compound effect of being consistent and disciplined. It The book "Atomic Habits" written by James Clear inspired me to create this template for you guys to use. I highly recommend reading the book if you haven't.

"The mere act of showing up for yourself each day will begin to shift the world in your favor." - Molly Cantrell Kraig

WEEK 1	DAY OF THE WEEK						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD SHOWER	☒	☒	☒	☒	☒	☒	○
MEDITATE	☒	☒	○	☒	☒	☒	☒
JOURNAL	☒	☒	☒	☒	☒	☒	☒
CALL A FRIEND	☒	☒	☒	☒	☒	☒	☒
READ 10 PAGES	○	☒	☒	☒	☒	☒	☒
30 MIN EXERCISE	☒	☒	☒	☒	☒	☒	☒

